

The Gateway

Established 1913

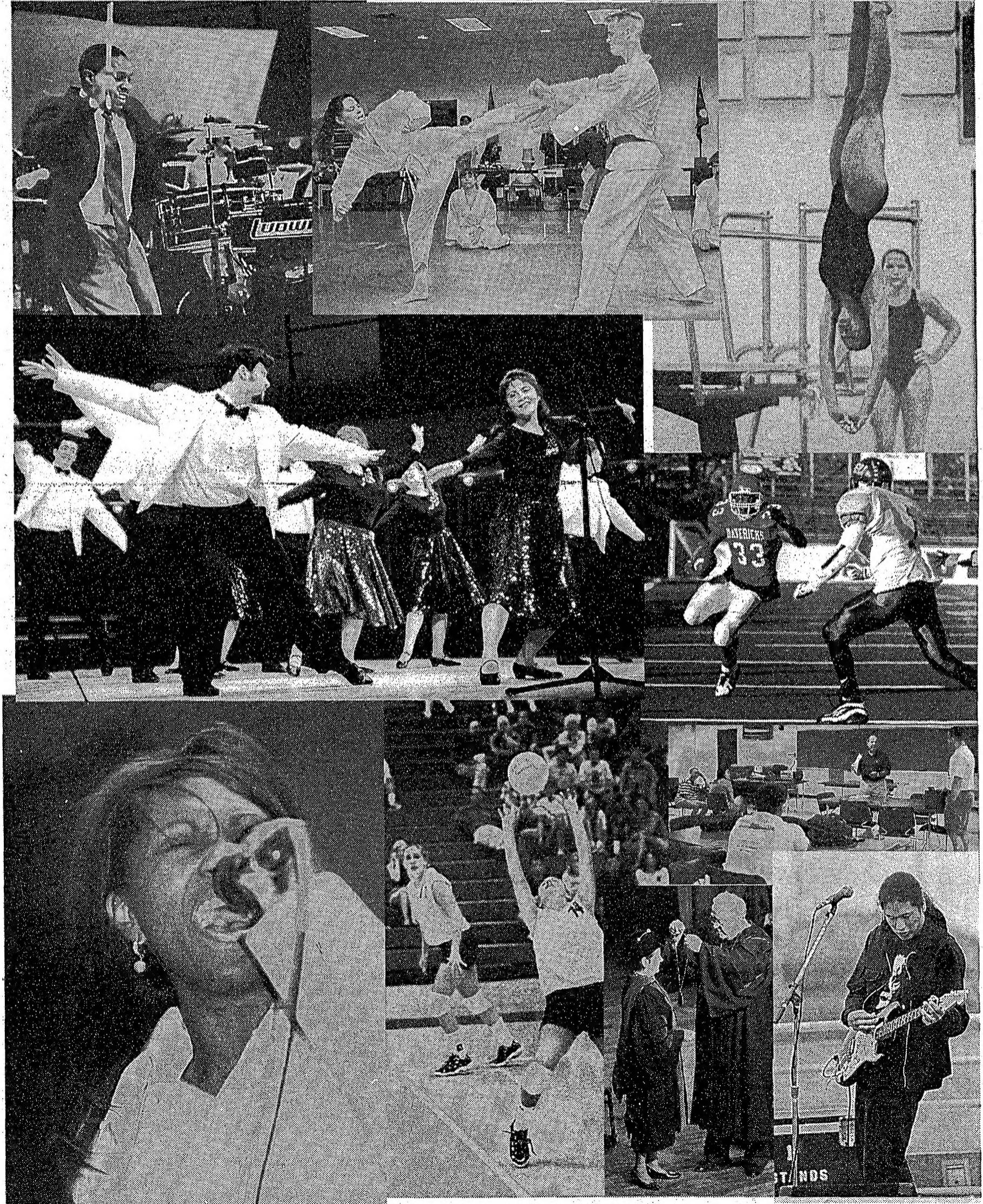
Tuesday, August 11, 1998

NEBRASKA STATE HISTORICAL SOCIETY
PO BOX 82554
LINCOLN, NE 68501

Non Profit Org.
U.S. POSTAGE
PAID
OMAHA, NEBR.
Permit No. 301

Volume 98, No. 67

68 L510



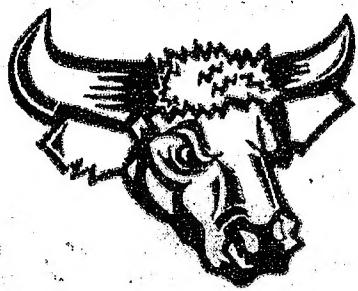


Table of Contents

Editorials, page 4

 **Fall Sports Preview, page 6**

**Up Close and Personal
with Mav Hockey Player
Jason Mitchell, page 8**

 **UNO Faces To Follow,
page 10**

Campus Map, page 17

 **Bethsaida Adventure,
page 18**

**No Time is No Excuse
When it Comes to
Exercise, page 28**

 **Omaha Music Opportuni-
ties Abound for College
Students, page 31**



**"I went because they were affordable.
I stayed because they're wonderful."**

"I first went to Planned Parenthood because I really couldn't afford a gynecologist. I was young, and nervous."

"Now that I can afford to go anywhere, I still go to Planned Parenthood. Everytime I go, they're kind and understanding as ever. They're sensitive to a woman's special medical concerns and everything is kept confidential. The medical staff is professional, knowledgeable and up to date about birth control options."

"As far as I'm concerned, Planned Parenthood will always be the place to go for birth control, emergency contraception, reproductive health care and information on preventing pregnancy and pregnancy options."

1-800-230-PLAN

<http://www.plannedparenthood.org>

If you're new to Planned Parenthood, use the coupon at right and save \$5.

\$5 Off

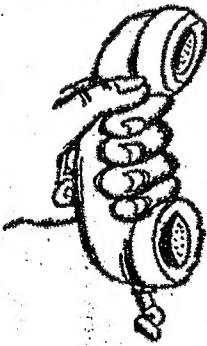
new patient's first visit

Planned Parenthood®

May be redeemed at following clinics:

Dodge Center	Ames Center
654-1040	455-2121
4610 Dodge St.	6415 Ames Ave.
Southwest Center	Council Bluffs Center
333-2050	(712) 322-8650
140th & Millard Ave.	1604 Second Ave.
Northwest Center	Council Bluffs
496-0088	No Expiration Date
3341 N. 107th St.	Coupon Code: UNO

UNO INFORMATION PHONES



- Campus Security
- Faculty & Staff locations
- Campus phone numbers
- General information

For your safety and convenience there is at least one **CAMPUS PHONE** in each major building.

* The information operator is ready to assist you. You can also stop by the information window in Eppley Administration Building for information, free notary services, schedules, brochures, etc.

Campus Security can be reached at **x4-2648** from all campus phones.

You can also call 911 or Campus Security at (554-2648 or 554-2911) from 33 campus pay phones **FREE**.

 **The
Gateway**
University of Nebraska
at Omaha's Student
Newspaper

(402) 554-2470
editor@gateway.unomaha.edu
<http://www.gateway.unomaha.edu>

The Gateway is published by the University of Nebraska at Omaha Student Publications Committee on Tuesdays and Fridays during the fall and spring semesters and on Tuesdays during the summer sessions.

Advertising inquiries should be directed to the advertising manager.

Other inquiries or complaints should be directed to the editor. Copies of the Student Publication Committee inquiry/complaint policy are available at the Gateway office.

The Gateway is funded as follows: 70 percent advertising revenue, 30 percent student fees allocated by Student Government.

Address: Gateway, University of Nebraska at Omaha, South 60 and Dodge Streets, Omaha NE 68182.

Copyright 1998 Gateway. All rights reserved. No material here may be re

Editor In Chief
Christine Kasel
News Editor
Wendy Townley
Features Editor
Colleen Sergeant
Senior Staff Writers
Eileen Kenney
Andy Nordmeier
Copy Editor
Stephen Croucher
Photo Editor
Steve Houlton
Assistant Photo Editor
Chris Machian
Production Editors
Amanda Dunning
Tim Mills
Systems Production and
Internet Manager
Dan Castagnoli
Advertising Manager
Mindy Weaver
Classifieds Manager
Kathy Daley
Circulation Manager
Anneliese Dohe
Publications Manager
Carol Buffington

Student Development Services Helps Incoming Students

by Stephen Croucher
Staff Writer

The first few weeks and months of college can be tough for some. Some students feel they're all alone and no help is in site.

Fortunately there is help for new students and seasoned veterans, the offices in UNO Student Development Services. The services available include: the Career Center, the Counseling Center, Services for Students with Disabilities, Multi-cultural Affairs, the Learning Center, the Testing Center, Project Achieve and University Division.

The Career Center in Eppley Administration Building room 111 helps undergraduates, graduate students and alumni who are looking for employment. The employment counselors help students look for on-campus positions, resume preparation and job search strategies.

If you're looking for a job on-campus, the Career Center is the place to look. The office has a listing of all of the work study and student worker positions available at UNO. There is also a large listing of all the positions advertised at UNO off-campus at local businesses.

Then when it comes time to find that essential job after graduation, the Career Center can help you with writing your resume and help you prepare for interviews. The center's phone number is 554-2333.

The Counseling Center provides students with short-term counseling services to help students with educational, personal-emotional and social development. Students

can meet privately with counselors about their problems. The general counseling services are provided free of charge to UNO students and staff.

Assessment tests can be administered that help students analyze educational goals and potential career opportunities. The Counseling Center is located in Eppley 115. The phone number is 554-2409.

Services for Students with Disabilities provides a special needs counselor who can organize services for students who have disabilities, including counseling, health services, equipment, parking, accessibility and learning support. To be eligible for these services, a student must provide documentation about their disability. The office is located in Eppley 115. The phone number is 554-2409.

In order to increase minority retention on campus, the office of Multi-cultural Affairs was established. The office's mission established in the spring of 1995 is, "the recruitment and retention of students of color until they have reached their personal education goals."

The office in Eppley 115 also provides information about scholarship opportunities. The phone number is 554-2248.

The Learning Center provides many different resources that assist students with their academic goals. Private tutoring, parallel study groups, video tapes, test prep guides, study skills information, reading strategies, note taking strategies and information about test anxiety are

available to students. A computer lab with Apple and IBM compatible computers is available for student use. The Learning Center is in Eppley 117. The phone number is 554-2992.

Placement exams, aptitude, vocational, interest inventories, psychological exams, correspondence exams and testing assistance for students with disabilities are available at the Testing Center. The center also provides a variety of information about nationally administered exams.

The office is in Eppley 113. The phone number is 554-4800.

Project Achieve deals with the needs of eligible first-generation, low-income or handicapped program participants. Project Achieve is funded through the United States Department of Education. It provides assistance to help qualified students have personal, academic and financial support. The goal is increased graduation and retention.

Tutoring, counseling, academic advisement and workshops are provided. Project Achieve is in Eppley 117. The phone number is 554-3492.

If you're still in the process of deciding on a major or college, University Division gives you the opportunity to enroll in an exploratory program of studies. All students in University Division receive a counselor, whom they meet with twice a semester. For information about University Division, go to Eppley 115, or call 554-2409.

Student Development Services has something for everyone. You just need to know where to look, good luck.

Commencement Ceremony Set

by Wendy Townley
News Editor

The Aksarben Coliseum/Event Center will house 540 UNO undergraduates and graduates as they receive degrees during UNO's summer commencement.

The ceremony is scheduled for August 15 at 9:30 a.m.

General Johnnie Edward Wilson, the commanding general of the United States Army Material Command and UNO alum will serve as the guest speaker at the ceremony.

In 1973, Wilson earned a bachelor of science degree in business administration from UNO, followed by a master of science degree in logistics management from the Florida Institute of Technology.

UNO Chancellor Nancy Belck is scheduled to present the Chancellor's Medal to Associate Vice Chancellor for Academic Affairs at UNO, John Farr. This award was established to recognize faculty and administrative staff who have demonstrated excellence.

Included in this semester's graduating class is Terry Haddock of Omaha. Haddock will graduate with a perfect 4.0 grade point average.

No Matter What the Letter,
We're All Greek Together

UNO Fall Sorority Rush
August 18-22

For information, call 554-2711

Join the Zoot Suit Riot

Just \$7.00

Learn to Swing!

Learn how to dance Savoy style Lindy Hop, to all the HOT new BIG BAND SOUNDS

Classes offered by Marty and Bob
American Dance Academy

7631 Cass, Mondays at 8:00 and 9:00 p.m.
Call: 341-1619 to register, space is limited

Swing Dance
Saturday August 22, 1998 8 to 11:00 p.m.
Beginner Lesson at 7 p.m. Cost \$7.00 per person

Heading Back to School
Need Some extra Spending money??

The Omaha Marriott Hotel is looking for qualified applicants in the following areas:

Banquet Server
Banquet Set-Up
Front Desk Clerk
PM (Overnight) Front Desk Clerk
Lobby Attendant
Allie's Dining Room Attendant
(Allie's--weekends only Okay)
Loss Prevention Officer
Gift Shop Clerk

Flexible hours and willing to work around school schedules. Benefits for Part-time include: Hotel, Gift Shop, and Restaurant Discounts along with discounted meals in the employee cafeteria. Please come and apply!

Come join the exciting
Marriott Team!

10220 Regency Circle
(402)399-9000 or Fax
Or Call 1-888-4-MARRIOTT
Drug Screen Required
EEO/AA/M/F/D/V

Gateway Opinion

The Truth About College and Then Some



It's too bad we can't bottle those first few days of wasted academic responsibility to spread out evenly over the semester.

You know what I'm talking about. It's always exciting just before you return to school for another year. You get psyched up while rummaging through the bookstore for your texts, new pens and notebooks. You organize everything. Sometimes you go overboard by writing down useless things in your daily planner.

"8:00am Eat Breakfast"

"8:15am Brush Teeth"

Maybe you're one of those people who changes your hairstyle drastically just before classes begin to give the impression that you actually did something interesting over the summer. The first day on campus you wear that new shirt

your Mom bought you in order to have that superior feeling. You look in the mirror and think, "I'm not just another person walking the surface of the earth. I'm special. This garment expresses my individuality and good taste. It gets me noticed yet doesn't distract the value of my abilities as a person." You stay up late the first night reading the first few chapters of every textbook so you'll be able to fully contribute to the discussion in class the next day.

Will we never learn? My friends, this is utter foolishness. Three weeks into the semester you'll be out of bed five minutes before class digging through your laundry basket to find a shirt that doesn't smell like smoke and keg

beer. Your biggest fashion decision will be, "Does this Gravity Kills t-shirt match my draw-string sweat pants?" You'll be taking notes with a chewed up pen somebody left by the public phone in the hallway outside your classroom. You won't get any sleep because you stayed up late to watch the infamous episode of "Three's Company" when Mr. Roper discovers that Jack isn't gay. You'll be eating macaroni and cheese or Ramen

noodles for dinner because you blew your financial aid on plane tickets to South Padre for spring break and your professors will think an epidemic has hit because you've already missed three or four classes to attend the funerals of both sets of grandparents and a great aunt.

I'd like to know what happens to that burst of energy that's so prevalent at the end of the summer. There are nights when I'm reading in-depth criticism of Shakespeare's sonnets while my friends are watching reruns of "Seinfeld" that I could really, really use some of it.

A lot of people try to blame their instructors with claims of boring material and strict, inflexible, academic bearing. However, I believe the problem is within our expectations. Our first days of stimulation don't originate in our thrill with academic life. It's a little more primitive. It has to do with seeing new faces and enjoying the change of scenery. After a few days of the same classroom with the same people, it becomes comfortable and then dull. Instead of class being a new distraction, it becomes what we want to be distracted from. We need to rearrange our thinking so that we find new experiences in the classroom everyday. Then maybe that excitement will stick around at least until you start packing for South Padre.

University of No Opportunity



"You're going to attend the 'University of No Opportunity'? What a loser."

These are the kind of insults I heard when some of my "friends" heard I was going to attend UNO. They said I had high grades (4.0) and great test scores (1560 SAT, 35 ACT), why should I waste my talents at UNO?

I told them I wasn't wasting my talents, I was developing them even further. Here at UNO I have found an abundance of opportunities waiting to be had, and I have taken them.

Be yourself. Get involved in things that interest you. Make a difference.

College is what you make of it. If you just go to school in the morning, and then leave as soon as possible, you will not gain very much. Extra curricular activities are encouraged, but I think they are necessary.

Not only will extra-curricular activities get you involved, they will help you meet new and interesting people. Some of my best friends are from organizations on campus. If I

hadn't joined the clubs, I probably would never have met them. I'm grateful I did meet them.

You don't have to attend Harvard, Creighton or the University of Nebraska-Lincoln to get a good education. All the teachers teach the same thing, and almost in the same fashion. The only differences between those schools and UNO are the price tag, the population and the name.

If you want college to make a difference in your life, go for an education. This education includes books and pleasure. Contrary to popular belief, drinking is not part of having a good time in college or being accepted.

Be yourself. Get involved in things that interest you. Make a difference.

You don't have to be Gandhi or Mother Teresa, you can't, but do something in your own little niche. If you're a great writer, write for the *Gateway*. If you play a musical instrument, try out for band. If you love to debate or give speeches, contact the speech coach. Take the initiative, jump in head first.

The opportunities are here and waiting for zealous freshman and upper classmen/women. They're endless, like a black hole, that needs to be filled.

So do your part, enjoy college, get involved and above all, show those idiots who criticize UNO by throwing French fries at them ten years down the road when they're working at Burger King drive-thru, and you're driving a brand spankin' new BMW.

To Be, or Not to Be



I had a plan when I entered UNO. A career in pharmacy was calling me; I was sure of it.

I super-glued my nose to the binding of my books and loved it, as I was determined to not only finish my Pre-Pharmacy requirements in two years, but earn nothing after the first letter of the alphabet in the process.

After filling out my application to pharmacy school, the glue cracked and so did my plan.

Heck with the plan. I needed time to think; reevaluate. My spontaneity surprised everyone, including myself, but entering the crowd of the "undecided" was the best decision I ever made.

However, the question "What's your major?" got annoying quickly. For those of you who aren't sure, don't let this question pressure you to find one. You have until your junior year before the advisors will start hounding you to decide.

If you have a plan, great! Just don't use super-glue like I did; Elmer's will do. Be flexible and take time to explore your options. College will spark inter-

see TO BE, page 5

Editorial/Letter Policy

Opinions expressed are not necessarily those of the University of Nebraska at Omaha or the NU Board of Regents. Opinions in signed columns and letters to the editor do not necessarily reflect the opinion of the *Gateway* staff or the Student Publications Committee.

Letters to the editor will be selected for publication on the basis of timeliness, clarity and available space. The editor reserves the right to edit all letters for publication. Letters must be signed using the writer's first and last names. Letters must include the writer's address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.

Direct communications to: *Gateway*, UNO, South 60 and Dodge Streets, Omaha NE 68182.

Gateway Opinion

From TO BE, Page 4

ests you never had.

Changing your major is not as bad as it sounds. It has been said that the average college student does it about four times. So what if you are half way through the course-work. Take the extra time now to do what it is you really want, rather than hating your career for the rest of your life.

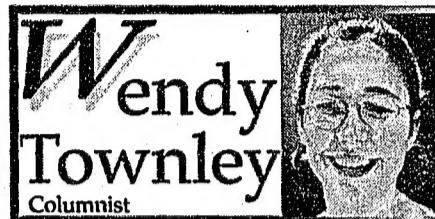
Not sure if you'll like it? Try it. Explore the career through an internship or shadow a professional to convince yourself it's a match.

Don't let parents pressure you. My parents stayed out of my career decision completely. With this freedom came frustration. When I was yearning for some parental guidance, they would say "it is entirely up to you honey." Gee thanks. I was about to make a decision that would affect the rest of my life and they were indifferent. Now that I have calmed down from the whole ordeal, I am thankful they let me be me.

A picture hanging on my bedroom wall says it all: "Listening to your heart, finding out who you are is not simple. It takes time for the chatter to quiet down. In the silence of "not doing" we begin to know what we feel. If we listen to what is being offered, then anything in life can be our guide. Listen."

I am back on the pharmacy track and feel confident with my decision. Taking time to "listen" was the best decision I ever made.

Get Out!!: The Story of an Addict



"Hello, my name is Wendy Townley and I'm addicted to Seinfeld."

But just how has this show, this once weekly (gasp!) 30 minutes of pure utopia effected my life?

Let's examine the facts.

When the show first came out (not that there's anything wrong with that) nine years ago, I'll admit that I wasn't the biggest of fans. In the first episode I ever saw, Jerry, Kramer, George and Elaine were stuck in a mall parking garage searching for Kramer's car. They walked up and down the maze of stalls while Elaine carried a plastic bag of water containing a goldfish.

I didn't find that funny.

The funny part of that episode was when Jerry relieved himself in the corner of a parking stall, and then is apprehended by mall security. And, a classic Jerry line ensued: "Why do I always have the feeling everybody's doing something better than me on Saturday afternoon?"

Now THAT'S funny, I thought to myself. I'll give this show another whirl next week. And what a long, strange ride this has been since.

I made Thursday nights a weekly ritual. Any and all activities ceased at 8 p.m. when that famous NBC voice alerted me "Seinfeld is next...only on NBC."

I laughed at the opening of the show, at that silly music, before anything even funny happened yet. I knew the humor potential in those 30 minutes.

Kramer's entrance into Jerry's New York apartment (I'm out!); George exiting Jerry's bathroom (What? I always take my shirt off when I go. It frees me.); Elaine...just being Elaine (GET OUT!!); Jerry...just being Jerry (Ya know, I don't get it. I'm not allowed to ask a Chinese person where a Chinese restaurant is? I mean, aren't we all getting a little too sensitive? I mean, somebody asks me which way is Israel, I don't fly off the handle.)

Not only was I introduced and immediately loved the main characters, but I, and the rest of the country, was introduced to a myriad of other characters, simple and not so simple items that became popular because of the show.

Yankee beans, juju fruits, puffy shirts, beefeaten-o, golden boy, gortex, junior mints, shrinkage, black-and-white cookie, salsa, pez, the bro, muton, the AIDS ribbon, little Jerry Seinfeld, the Friars Club jacket, muffin tops, Glamour magazine, antidentite, buck naked, close talker, festivus, good naked/bad naked, krameric, mulva, "Desperado," RISK, "The English Patient," poppies, grapefruit pulp, calzones, pretzels.

Amongst these lines are the people that made Seinfeld that much funnier.

Uncle Leo: "Jerry, it's your uncle!!"

Crazy Joe Davola: "Pft, pft, pft...Have a hair on my tongue, can't get it off. You know how much I hate

that? Of course you do...you put it there."

Newman: "Hello Jerry."

Poppie, the chef (as described by Jerry): "A chef who doesn't wash is like cop who steals. It's a cry for help. He wants to get caught."

Kenny Bania: "That's great, Jerry. Pure gold!!"

David Puddy: "Grease monkey? I take offense to that term. I challenge you to find a monkey that can rebuild a carburetor."

Mr. Pitt: "Elaine, that's not right! These are too tight around the calves. And these! They fall around my ankles! Get it right!"

J. Peterman: "Elaine, this is between you, me, and the lamppost and my desk."

Five nights a week at 11:05 and Thursday nights at 8 p.m. is when I get my fix.

KMTV sports anchor Rich Roberts and I have exchanged lines from Seinfeld face-to-face, over the phone, and yelled down the hall for a long time. When news breaks, we share Seinfeld. The briefest of exchanges are the funniest. "I had a pony." "Hey, you Gak?" "Look away, I'm hideous!"

It's almost sad, really, that a show can bring me, and millions of other hard-working, intelligent Americans, so much happiness and be about nothing. If closely examined, we all are a slice of Seinfeld, whether we vocally admit it or keep it locked up. This show has gone beyond the water cooler. It has consumed us.

"I'm out there, Jerry, and I'm loving every minute of it!!"

Americans Are Tired Of Starr And His Clinton-Bashing Cronies

Indiana Daily Student (Indiana University)

Ken Starr has upped the ante in the Lewinsky probe, issuing a subpoena that perhaps will force President Clinton to be the first sitting chief executive to testify before a grand jury. Senator Orrin Hatch is on the record saying a refusal to testify would be an impeachable offense.

Ho hum. Yawn.

The stench of rotting conservative dinosaurs is clogging my nostrils!

Watching the battle brewing between Clinton and his foes is like watching a championship horse deal with a bunch of ticks. Clinton is likely to squash Starr and his cronies both in the courts of justice and in the court of public opinion.

In the minds of mental midgets like Starr and Hatch, Clinton is a dangerous person who has the audacity to challenge the elite club of white men who once — I said once — ruled the country.

Clinton rode to power like an El Nino wall of water on the

strength of women, progressive men, the poor and minorities. The high stakes battle in Washington is of significance, though I've already told you the outcome.

America, in the coming era, will be the first truly international nation — a nation state mighty and majestic, where color, religion and gender differences will be welcomed.

It irks men like Starr and Hatch that the good old days are over. It makes them twitch to see poor people amassing enough power so that with a few key allies — women, minorities and progressive men — they launched a presidency making these old dinosaurs redundant. Even if Clinton testifies, what will come of it? The likelihood of an impeachment is close to zero. Average Americans are sick and tired of watching the decrepit and moribund Starr sing his

swan song. We want it to be over.

The body politic is entering a new phase, and the war cries in Washington are the sad ending to an onerous era, where the Cold War reigned and progressives were subjugated.

Now, it's almost over. Starr will be crushed by the superior Clinton. In the years to come, the loud death shrieks of a once powerful class losing significance will ring in all our ears.

What will be left will be an America that has become America. A truly mighty nation made up of a smorgasbord of colors, cultures and religions. We can finally take a shot at mitigating the cruel poverty affecting a disproportionate percentage of African-Americans, Latinos and women. We can cloak our health care system with a bit of sanity. We can smash the glass ceiling which has kept women from positions of power. We can give little children of color a little hope for their little lives.

America, in the coming era, will be the first truly interna-

tional nation — a nation state mighty and majestic, where color, religion and gender differences will be welcomed.

The coming era will be a happy one. The threat of annihilation is over. People who look like people now have a chance to have significant lives. The Bible-thumping televangelists and their cronies in Washington will no longer strike fear in the hearts of those who dare to live their own lives.

I already breathe easier knowing the battle has been won. We won. Fair and square. At the voting booth.

The old guard are likely to go noisily, spreading as much pain and taking with them as many as possible.

Who knows? Maybe in a freak legal accident Clinton will fall too.

But it is unlikely.

And the change has come. The damage to old-guard conservatives has been of a mortal nature. Multicultural America will rise to take control.



Fall Sports Preview

by Andy Nordmeier
Senior Staff Writer

Football: Mavs Take to the Turf

The Maverick football team will be looking for their second playoff berth in three years when they take to the field this season.

They are led by a senior-dominated lineup and have an unstoppable running game. Their defense is stifling and can shut anybody down. The Mavs play home games on the artificial turf at Al Caniglia Field, which is on campus.

Games are on Saturday afternoon with kickoff at 1 p.m. They finished 8-3 last year and won all five home games. The Mavs' first home game is Sept. 12 against Nebraska-Kearney.

Quarterback Ed Thompson can burn foes with his running ability or his aerial assault. Head coach Pat Behrns starts his (ordinal) season with the Mavs.

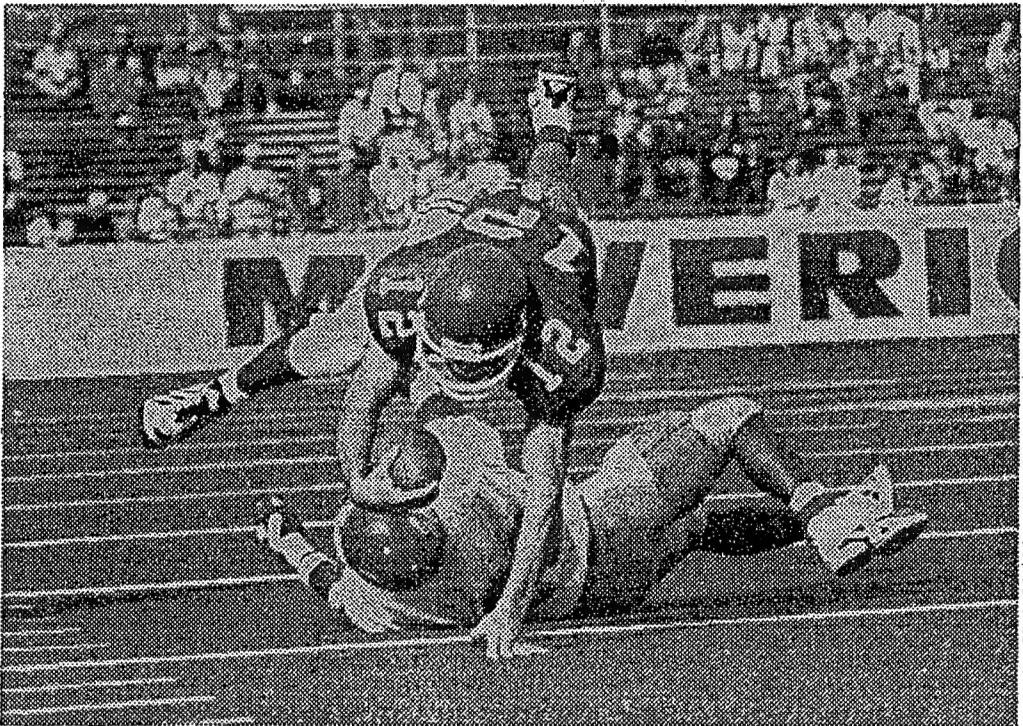
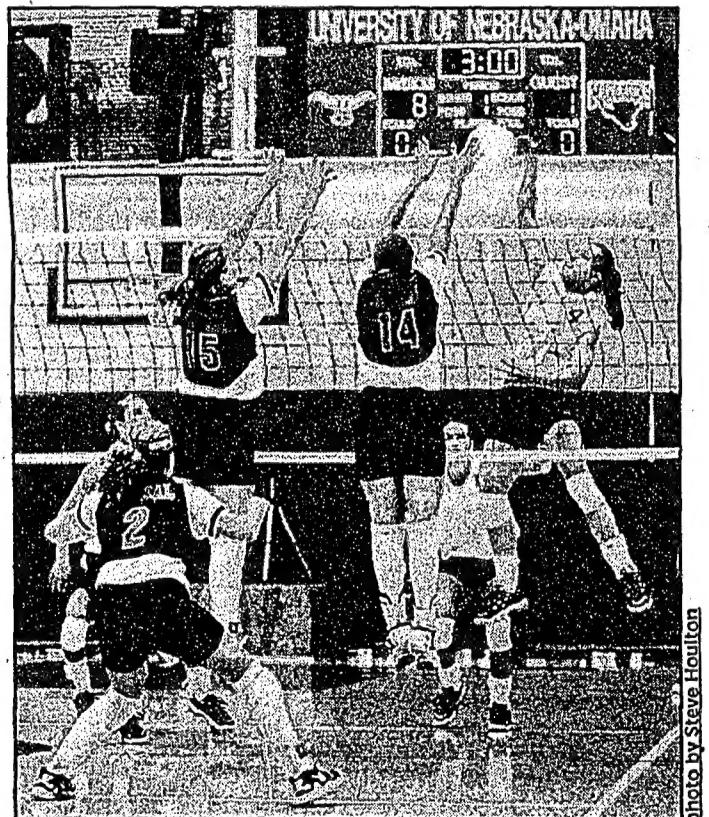


photo by Chris Machian



Tanya Cate, facing at right, was one of the Lady Mav volleyball team members. The Lady Mavs were one of the top teams in the nation in 1997.

Volleyball: Volleyball Team Looks to Serve up Wins

The Lady Mav volleyball team has been one of the top teams in the nation. They were one of the final eight teams last year and were national champions two years ago. The Lady Mavs are on the mend from several off-season injuries but should be healthy when the season opens in late August. The Lady Mavs'

home games are in the remodeled Sapp Fieldhouse with its new wood floor. Their first home games are September 4-5 when they host the UNO Tournament. All-American Tracy Ankeny leads the Lady Mavs in their quest for a second title in three years. Rose Shires is the team's head coach.

Ed Thompson goes airborne for the extra yardage last season against South Dakota State.

Hockey: Icemen Cometh Back For Second Season

The Mav hockey team played in front of a sold-out Civic Auditorium every game last year. The Mavs are a part of the Central Collegiate Hockey Association which features teams like Michigan and Ohio State. The Mavs will have 22 home games this year and they start at 7:35 p.m. The Mavs will try to improve on their 12-18-3 mark last year in their first season. The Mavs, coached by Mike Kemp, keep fans on the edge of their seat with hard checks and a fast style of play. The Mavs play each team twice per weekend. The season opens October 16-17 when the Mavs play the University of Maine.



photo by Chris Machian

Dave Noel-Bernier takes to the ice in one last year's games.



photo by Shawn Sandrit

After last year's successful season, the Cross Country team looks forward to this year's meets.

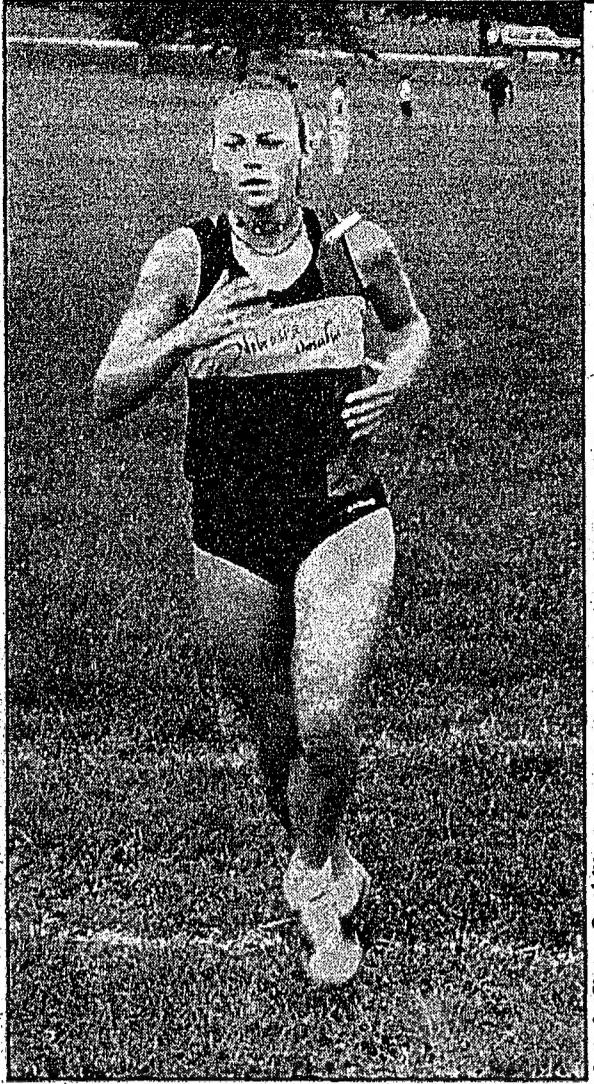


Photo by Shawn Sandrit

Tara Billot, member of the 1997 Cross Country team.

Cross Country: Lady Mavs Look to Run All Over Opponents

The Lady Mav cross-country team will be competitive again this year, despite the loss of two key seniors. They run nearly every weekend and host one meet in the fall. The meet will be held at Seymour Smith Park in Omaha on September 12. The Lady Mavs also run locally in Lincoln on the campus of the University of Nebraska-Lincoln. The team won most of their meets last year and is consistently improving each year. Tim Hendricks is the team's coach.

More Mav Information

There are a few other things to know about your Mavs. They play in the 10-team North Central Conference and feature teams from North Dakota, South Dakota, Iowa and Colorado. The North Central Conference (NCC for short) is one of the toughest conferences in the nation. The NCC has produced national champions in wrestling (North Dakota State), women's basketball (North Dakota) and the back-to-back champions in football (Northern Colorado) in the last year.

The Mavs will also host the Division II national championship in wrestling in March of 1999. This will be the first time UNO has hosted a national championship.

A Mav For All Seasons

by Andy Nordmeier
Senior Staff Writer

There are more sports at UNO than just the four you read about. Maverick athletes will be hitting the pool, rocking rims, and smashing homeruns in the next few months. Below is a summary of the sports that start up a little later in the year and next semester.

Todd Samland will guide the Lady Mav swimming and diving team through its second season. Their season starts in late October and runs through the end of February. The Lady Mavs turned some heads last year by winning dual meets and an invitational with only 10 swimmers on the team.

Kevin Lehman and the Mav basketball team will be gunning for their first winning season in five years. The Mavs finished 11-16 last year and will be looking to improve on their finish in the bottom half of the conference. Lehman, in his fourth year with the Mavs, will have most of his team returning and several promising recruits that could get the Mavs back to their winning ways. The season opens November 11.

Paula Buscher starts her first season behind the bench of the Lady Mav basketball team and will look to turn things around from last year's 10-17 mark. The Lady Mavs suffered through a 14-game losing streak that dragged on for nearly two months at the end of the season. Buscher turned conference rival Mankato State around last year, taking them from 7-20 to 17-11 in her lone year there. Buscher will be helped by the Lady Mavs' strong recruiting and a core of returning players to build around. Their season starts in mid-November.

Mike Denney will lead the Maverick wrestling team in their pursuit of their second national title this decade. The Mavs won it all in 1991 and will have an excellent shot to do it again with a special advantage this year. The Mavs will host the Division II national finals in the Sapp Fieldhouse in mid-March. Braumon Creighton will try and defend his national championship from a year ago and add on to his 110 career wins. The season begins in late October.

Tim Hendricks and the Lady Mav track team will be on the run to the top of the conference this year in both their indoor and outdoor seasons. The Lady Mavs recorded top-15 finishes in both the indoor and outdoor national meets last year and will be trying to replace Carrie Butler, the Lady Mavs best runner. The indoor season starts in January and the outdoor part in late March.

Bob Gates and the Mav baseball team will take to the diamond next spring in search of their second straight appearance in the conference playoffs. The Mavs finished 21-17 last year, which was good for third in the conference in the rain-soaked year. The Mavs lost their top pitcher to the St. Louis Cardinals but will pack plenty of punch in the batting order. Their season starts in March.

Mary Yori and the Lady Mav softball team will be working their way back to the national tournament after missing it for the first time in the last five years. The Lady Mavs did lose some veteran leadership and offensive firepower when five seniors left but will have their top three pitchers come back to anchor the team. They too open their year in March.

In addition to those current sports, UNO will also be adding three new women's sports in the next two years.

First, the inaugural Lady Mav soccer team will take the field in the fall of 1999. Don Klosterman has been named head coach and is currently building the team. Coming in 2000 are the women's golf and tennis teams. It's not known yet which season they will be playing in. These teams are going to be started to even out the number of men's and women's sports and are getting helped by the revenue generated by the hockey program.

No matter what the season, the Mavs are always playing their best and looking to put wins on the board.



Afraid you might be pregnant?

554-1000

EPS Pregnancy Services

Free Pregnancy Test

Confidential Counseling

Open 6 Days a Week • Call for Office Hours

5001 Leavenworth

New North Omaha location:
1723 N. 33rd Street, Lower Level



Step Up to ITI

As an Outbound Teleservices Representative, you'll work with some of the best people in the industry ... and enjoy top wages and benefits.

\$8.30
Per Hour*

Plus these and other terrific benefits:

- Bonuses
- Paid Professional Training
- Paid Vacations/Holidays
- Insurance & 401(k)
- Immediate Evening and Limited Daytime Schedules

Bellevue
118 W. Mission Street
291-0607
Mon. - Fri.: 9a.m. - 6p.m.

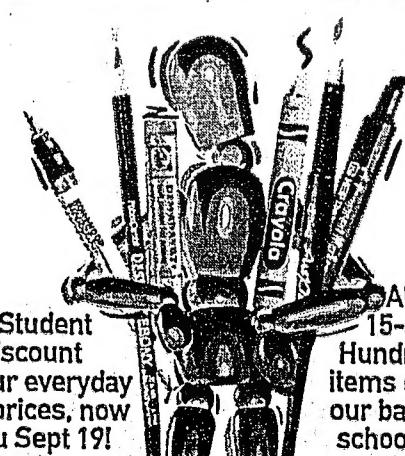
Omaha Maplewood location only.
Based on full-time evening status
following training. Reduced work
schedule may affect hourly rate.
Thorough background
investigations conducted on
prospective employees. An equal
opportunity employer.

ITI Marketing Services

POSITIVELY PROFESSIONAL

Need Art Supplies?

Use our student discount
and grab 'em by the armload!



10% Student
Discount
off our everyday
low prices, now
thru Sept 19!

Also,
15-40% Off
Hundreds of
items during
our back-to-
school sale

Dick Blick Art Materials

Sports Plaza • 4101 S. 120th St. • Omaha
Beverly Hills Plaza • 7818 Dodge St. • Omaha

Up Close and Personal:



1997 MVP Jason Mitchell signing autographs for fans after a game last season.

by Laura Luger
Staff Writer

He prevents other people from achieving their goals. He's a team-player, but is always on the defense. Most times he's cold as ice.

He's very territorial, and fierce in defending his turf.

It's his job.

Is this a ruthless, ladder-climbing "suit" in corporate America? Quite the contrary. It's Jason Mitchell, goalie for the UNO Mavericks Division I hockey team, in a full set of game pads.

Named most valuable player of the University of Nebraska at Omaha's inaugural hockey season, Mitchell took his job seriously. Playing behind a team made mostly of freshmen, Mitchell had an .895 save percentage and a 3.33 goals-against average to gain the honor.

Not bad for a relatively small-sized goalie who decided to come and play for Omaha as "a spur of the moment type thing."

Pretty impressive for a player whose college hockey career was frozen for a year so he could again become eligible to play.

In building a new Division I hockey program at UNO, Coach Mike Kemp wanted to start from the goal and work outward. "That's the most important position on your team ... to have a good goaltender," Kemp said.

The Mav's inaugural year MVP wasn't even on Kemp's initial list of recruits. "We were collecting names of players ... we were hopeful would become available for us," Kemp said, "and he wasn't one of those names."

At 5 feet, 7 inches tall and 155 pounds, Mitchell didn't exactly fit Kemp's image of the ideal goalie. "A goal-tender should be ... 6 foot 4, 210 pounds, fill a lot of the net and never have to move," said Kemp. "The goal hits him and he's on his angle all the time."

"He's (Mitchell) my height and he doesn't fill a lot of the net. But what he does so well ... he's a great competitor," Kemp said. "He just

competes. He won't quit. He's fierce in his competition."

John Fletcher, the Maverick's goalie coach, gave his thoughts on Mitchell's performance. "Because of his size, it's his mission to prove himself and show what he can do."

In a conversation with the soft-spoken 24-year-old the coaches call "Mitchy," he gave no hint of the fierce competitor who appeared on the ice night after night. However, Mitchell takes on speeding pucks and interviewer's questions in much the same way - head-on with a no-nonsense approach.

"Goaltending is really mental," said Mitchell. "You have to be men-

speaking, I don't think any of us as the coaching staff thought he would make the kind of contribution he made this year. I think he surprised us all with the job he did."

Although Mitchell called the year off "really tough," he said it helped him heal old injuries and gain some strength. "For a goalie, it's nice to not have any muscle pulls," Mitchell said.

Kendall Sidoruk, Mitchell's roommate at the time and a fellow goalie who also sat out for a year, confessed some of their home training methods.

"We spend a lot of time on our couches - we each had our own," Sidoruk said. "We played at least three games of Sega hockey a night ... to stay mentally sharp."

Mitchell's interest in the real game of hockey began at the age of four, in Esko, Minnesota when he watched his brother play and practice. "We always had a rink in the backyard and it gave us something to do," Mitchell said. "It just seemed like a great way to spend my time."

Following his first goaltending experience, Mitchell said he stuck with it because he "just fell in love with it."

He started playing goalie at the age of 10, because in that position he got to play the whole game. "I got to be on the ice the whole time," Mitchell said. "I hated coming off the ice."

Mitchell didn't have to come off the ice much last season playing for UNO. The junior started 22 of the 23 games he played out of the team's 33-game schedule. With a

Mav Goalie Jason Mitchell

Mitchell began his college career by being named rookie of the year at Northern Michigan University. However, he decided to leave after his second year because he disagreed with the "military style" of coaching practiced there.

After his decision, Mitchell called around to other schools, hoping to find a place to play. "Recruiting season was already done, and everyone already had their goalies," said Mitchell. The coaches he contacted told him to come to their schools, but they couldn't promise him he'd get any playing time.

He agreed to play for a Division III school, but "really wasn't too happy about dropping down a little" in the level of competition from a Division I team.

Shortly after that, he got a tip from a good family friend. Scott Pionk, former assistant coach for the Omaha Lancers, told him about the UNO division I program starting up. "The hockey world is pretty small," Mitchell said. "The word was out that Omaha was going to have a great program and the season tickets were sold out."

Mitchell's first conversation with Coach Kemp came only three weeks before school started. He visited the campus and then enrolled at UNO in August 1996.

Mitchell and his coaches opinions on what was his best performance of 1997-98 season. Mitchell said he was at his best during the second game the Mavs played in Maine. After "getting shelled" by Maine 11-0, the Mavs came back to win the second night 4-3.

Both Kemp and Fletcher disagreed with Mitchell. In their eyes,

"He's (Mitchell) my height and he doesn't fill a lot of the net. But what he does so well ... he's a great competitor. He just competes. He won't quit. He's fierce in his competition."

— Coach Mike Kemp



Mitchell shows his winning form by blocking a puck.

tally strong." Mitchell's mental strength was called on during his first year at UNO because he couldn't play hockey immediately after transferring here.

The first official recruit for the UNO Division I hockey team, Mitchell, along with a few of his team mates, had to give up playing the game for a full year to become eligible to play for the program. That meant facing no game situations or shots on goal for a full year. That meant retaining his mental toughness without playing the game.

"That's a real significant part of the story," Kemp said. "Realistically

record of 7-13-2, his performance gained him another great honor.

Mitchell was one of six goalies recently named to the ballot as a candidate for the West team on the American Hockey Coaches Association Titan All-American ballot. He was the only independent team player (the only player not associated with a conference) to receive a nomination.

Coach Kemp believes if Mitchell was affiliated with a conference, he would have gained more attention and awards. Mitchell is just happy he got a second chance to play Division I hockey.

Mitchell's best game was a game the Maverick's lost, one he didn't finish: the second game against Wisconsin - Kemp's previous coaching grounds.

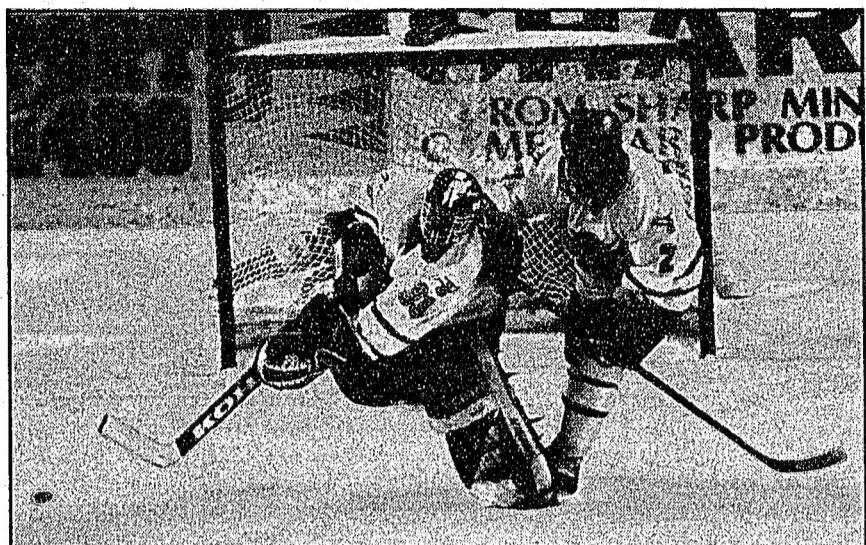
Kemp beamed as he displayed the shot chart outlining the opposing players' shots in front of the net. Mitchell had 28 saves but the majority of them were from high-scoring areas right in front of the net. Kemp described him as defending a flurry of shots "right in his face."

After the game, Kemp's Wisconsin friends and coaches told him their hometown team played probably their best game in two years that night against UNO.

"He was just absolutely phenomenal," Kemp said. "They packed in 16 to 21 shots in the highest scoring area. Wisconsin won that game with a score of 3-1.

Kemp thought the score should not even have been "remotely" close to that.

From MITCHELL, page 8



Mitchell with the help of teammates such as Billy Pugliese, number 27, defending the goal. Action at the goal often gets hot enough to melt the ice.

"It was all based on the performance that he put on. Mitchy was just unbelievable in that game," Kemp said. "It was frightening."

Mitchell played only two periods of the game and "then we had to pull him," Kemp said, not only because he earned it, but to keep him somewhat fresh for a future game start.

Mitchell sees mental toughness as his greatest strength. Part of that is a matter of focus. "When you play, you hope that you can get into this incredible zone," said Mitchell. "That's probably where you're going to separate your average goalies from your great goalies."

Next to his parents, who have been known to drive around their home town of Duluth, Minn. to pick up the Mav games on the radio, Mitchell thinks UNO fans are the "best fans in

the world."

Mitchell first experienced Omaha fans from the other side of the ice - when he played for the St. Paul Vulcans of the United States Hockey League and faced the Omaha Lancers on their home ice. Now, with Omaha fans behind him, instead of against him, he thinks having enthusiastic and sometimes rabid fans at a game "makes it more exciting, don't you think?"

Mitchell faces high expectations this year. "Obviously, with the performance he gave (last) year, our expectations are very high for him," said Kemp. "We anticipate that he'll come back and give us the same type of performance, leadership and commitment which will relay into greater success as a team."

SOLD Offers Diversity Under One Roof

by Mollie Harter
Staff Writer

Students should be aware of a place on campus that has student organizations, leadership and a place for personal or group development.

Which is exactly what Student Organizations and Leadership Development (SOLD) stands for. Formerly known as Student Activities, it was once located upstairs before the renovation of the Milo Bail Student Center.

The SOLD office is located on the first floor of the Milo Bail Student Center. The offices houses over 100 recognized clubs and organization, ranging from the Association of Latin American Students, the Gay and Lesbian Organization, to fraternities and sororities.

"It gives a club visibility and a place to meet," Darrell Peterson, SOLD advisor, said.

In addition to being a meeting place, SOLD also focuses on

leadership development. They offer a variety of leadership workshops and programs throughout the year open to all students, giving students some preparation skills for roles of empowerment in the work force after graduation.

Cultural awareness programs are also sponsored by SOLD, designed to promote awareness of different ethnic groups.

Sponsoring special cultural celebration months are also important to certain cultures, such as Native American History Month and Latino Heritage Month.

"We have about 60 or 70 organizations consistently active," Peterson said.

Any organization interested can fill out an application offered each year. Membership is voted upon by the SOLD office staff.

Interested students wishing to get involved can contact SOLD at 554-2711.

Have an Issue?

Write an Editorial

send it to: editor@gateway.unomaha.edu



UNOmaha

MONDAY

Mariachi Zapata, 11:30 - 1:00
(Live music sponsored by CAP/SOLD)
Free Sloppy Joes
Limbo Contest

TUESDAY

EXTRA SPACE, 11:30 - 1:00
Free Tomassito's Mostacioli
Child Care Center Spotlight
Marshmallow Eating Contest

Sponsored by the Milo Bail Student Center / A Division of Student Services and Enrollment Management

WEDNESDAY

FISHHEADS, 11:30 - 1:00
(Live music sponsored by SPO)
Free Hot Dogs
Whistle Contest

THURSDAY

Clubs and Organizations Fair
11:00 - 1:00
Pie Eating Contest

FRIDAY

Come Celebrate UNO's Residence Hall Project
August 28th, 11:00 - 1:00
Food and Fun
South side of Fine Arts Building

Faces To Follow At UNO

Audra Hansen: Environmental Engineering



Audra Hansen

by Helen Evans
Staff Writer

Incoming freshman Audra Hansen plans to major in civil engineering, with a concentration in environmental engineering. Hansen, who will be one of the few females, and she is bringing along her outstanding academic and extensive extracurricular records.

Hansen maintained a 4.13 grade point average at Elkhorn High School and participated in a number of activities, including National Honors Society, Science Olympiads, and foreign language competitions. She was involved in teen engineering programs, such as the 1997 UNO summer engineering camp.

"I have always had an interest in mathematics and science," said Hansen, "so it almost seemed logical that I would go into a related field."

Hansen said the environment is a major concern for her.

"I want to be able to utilize my knowledge and skill to design a number of breakthroughs that will aid in solving some of the problems we have in our environment," said Hansen. "like water pollution and preserving the ozone layer."

In addition to her studies, Hansen has been involved in community service activities and organizations. "Volunteering is something that I love to do," Hansen said. "Helping others give me a feeling of self-satisfaction."

Hansen will be in the Honors Program this fall and may tutor in science and math as well. She is anxious to meet new people and make friends and while doing whatever she can to change some environmental problems.

Annie Woodrich: Elementary Education

by Helen Evans
Staff Writer

Annie Woodrich, a graduate of Mercy High School, was selected to reign as the 1998 queen at the 74th annual Santa Lucia Festival in June.

"As an Italian-American, this festival is a tradition that has been in my family for many years," Woodrich said. "It was so overwhelming to be chosen as the queen this year. I am glad that I had my family's constant support. It really made the difference."

Along with the recognition, Woodrich also received a \$500 scholarship to UNO. But that wasn't the only reason she entered the contest, which included an writing requirement.

As part of the competition, each contestant had to submit an essay about a 20th century Italian-American that made a significant contribution to America.

"I chose Frank Sinatra, not



Annie Woodrich

because of his more notable musical and acting talent, but because of his dedication to the

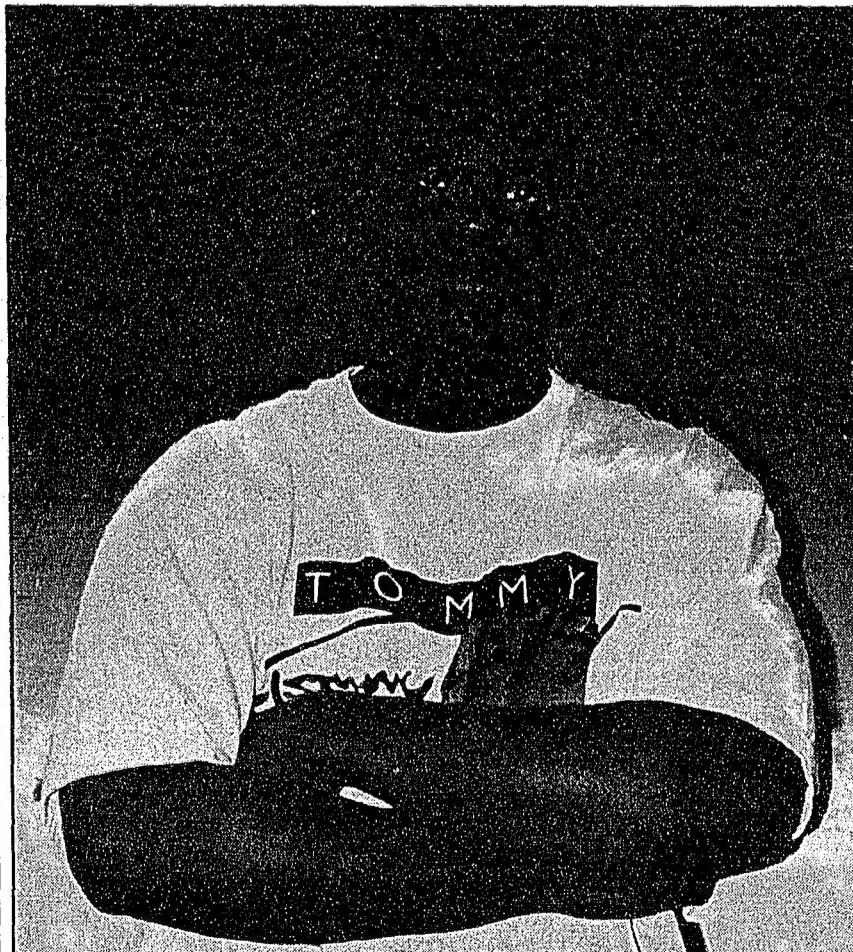
community," said Woodrich. "Sinatra raised over a million dollars to create a children's center, specifically designed to meet and treat the needs of abused children."

Woodrich, a UNO Goodrich scholarship recipient, plans to major in elementary education this fall. She has accumulated over 600 hours of community service, by visiting nursing homes and teaching a Sunday school class for three-year olds at Saint Thomas More Church in Omaha.

Woodrich will participate in community-related activities and organizations during her reign, including the Labor Day parade, working with the Lions Club's kid camps, throwing out the first pitch at Omaha Royals' games and assisting in a children's Christmas party.

"Annie is a very enthusiastic young woman with a lovely personality," said Paula Sedlacek, member of the Santa Lucia Festival Queens Committee. "She is positive, dedicated and extremely intelligent. I have no doubt that she will excel in her college career at UNO."

Lawrence Butler: Architectural Engineering



Lawrence Butler

by Helen Evans
Staff Writer

The UNO Maverick football team has a new stand-out freshman recruit, wide receiver Lawrence Butler. But although Butler is set to shine on the grid

standing academic progress as well.

With a scholarship that pays for his tuition, Butler plans to major in the new five-year architectural engineering program. He has wasted no time getting started, with just finishing summer classes.

"My father, who is also my mentor, has always stressed the importance of academics," Butler said. "If I excel in football, then that is a bonus, but if I don't advance academically there is no football for me."

Becoming involved in extracurricular activities is important to Butler, as long as his grades don't suffer. "I plan to maintain the balance between my academics and football by utilizing the study tables that are available to all players every day, as well as studying regularly at home," he said.

"Lawrence Butler is one of the prime freshman recruits this fall," said D.J. Vokolek, assistant coach of the UNO Mavs. "Our program feels that he will prove to be a true asset to UNO because of his strong academic progress and accomplishments, as well as his remarkable athletic ability."

iron, football is not his only focus. Academic success is Butler's number one priority.

Butler, a graduate of Omaha Central High School, was an All-Metro Conference second-team pick and received All-State Honorable Mention honors for his out-

Things to Know

1. \$5 Change of Program Fee Eliminated

Effective with the start of the Fall 1998 semester the Change of Program Fee has been eliminated. Students will no longer be charged for dropping and adding classes.

2. Web Registration and Other Services Available

Effective immediately students can register, drop, and add classes via the world wide web page. Check out the current web services from work, home or any open computer lab on the UNOmaha campus. The web address is:

www.ses.unomaha.edu

Options	Hours
• Register for Classes	• Monday — Friday
• View Grades	7 a.m. to 10 p.m.
• View Class Schedules	• Saturday
• Scan Class Offerings	7 a.m. to 12 midnight
• View Unofficial Transcripts	• Sunday
• Request Transcripts	2 p.m. to 12 midnight
• Pay Tuition	

3. Academic Calendar Changed

Effective with the 1998-1999 Academic Year, the following University of Nebraska Academic Calendar changes are in effect:

August 24, 1998 Fall Semester begins.

September 8, 1998 Classes resume from the Labor Day Holiday. The Labor Day holiday is shortened to one day only (September 7, 1998).

October 19-20, 1998 Fall Semester Break. No classes held but UNO offices are open.

November 25, 1998 Thanksgiving holiday. No classes held but UNO offices are open.

November 26-29, 1998 Thanksgiving holiday. No classes held and UNO offices are closed.

December 12-18, 1998 Finals.

December 19, 1998 Commencement.

December 24, 1998-January 3, 1999 University Closed.

January 11, 1999 Spring Semester begins.

January 18, 1999 Martin Luther King Day. University Closed.

March 14-21, 1999 Spring Break has been moved ahead one week (was originally scheduled for March 21 - 28, 1999)

May 1-7, 1999 Finals.

May 8, 1999 Commencement.



The University of Nebraska is an affirmative action/equal opportunity institution.

UNOmaha
University of Nebraska at Omaha

Belck Begins Another Year

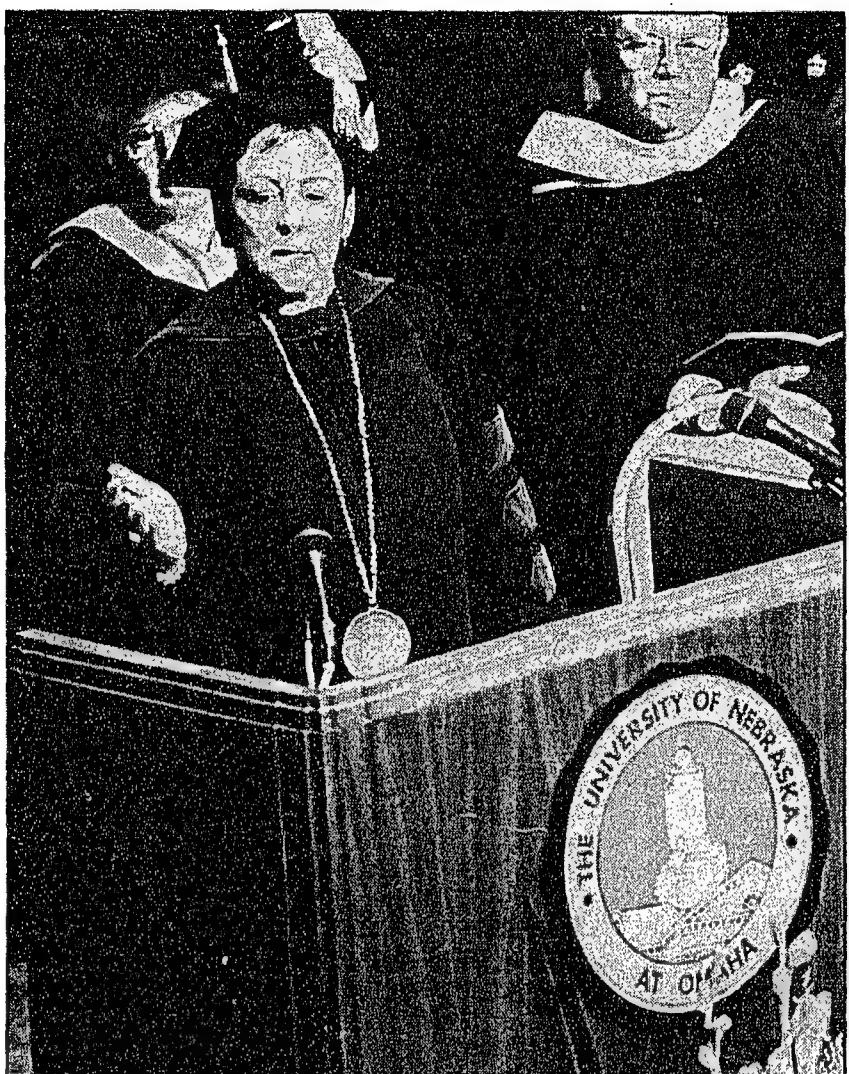


Photo by Steve Houlton

Chancellor Nancy Belck speaks at the Investiture.

INBOUND **\$7.50-\$8.25**

Customer Service Representatives
\$8.25
per hour plus incentives

Marketing Sales Representatives
\$8.25+\$7.75*
per hour plus incentives

Teleservices Representatives
\$7.50
per hour plus incentives

* temporary shift differential for hours worked between Midnight and 7 a.m.

Apply in person or call now!

Human Resources
3311 N 93rd St • Omaha • 571-3200
(Just North of 93rd and Bedford Avenue Intersection)
Monday-Friday, 8a.m.-5p.m.
Job Line: 573-2999

TELE
TeleServices Corporation EOE



a World of Opportunity

International Studies & Programs

Applications are now being accepted for

- Fall Work Study (5.50 per hour)
- Spring Work Study (5.50 per hour)
- Volunteer

Requirements:

- Federal Work-Study Eligible (except volunteers)
- Dependable
- Communication Skills
- Computer skills (not required for all positions)
- Drivers License (not required for all positions)

Work with Students from All Over the World
Work at International Studies & Programs

CONTACT: JUDITH BRODNICKI
ASH 241 — 554-2293
judith@cas.unomaha.edu

by Eileen Kenney
Senior Staff Writer

Growing up in a house with two professor-parents and finishing her undergraduate studies in three, rather than the usual four or more years, it seems Chancellor Nancy Belck might have some advice for incoming freshmen worth listening to.

"My advice is very similar to what the orientation assistants offer," she said. "Go to class - on time, sit up front, and get to know your teachers and other students."

"Many of our students work and have outside obligations," she said. "But it is important to try and be involved, whether it's student government or an academic club activity, to get a co-curricular experience that enhances so much what you do in the classroom."

It was just last year Belck was a new arrival at UNO and Omaha, but she said she and her husband Jack have settled in nicely. "We bought a house close to campus because we feel it's important to be in the neighborhood, and we've gotten much acquainted with the local community. Now I'm working on getting more acquainted with the state."

Belck said she has been as far west as Kearney, but plans to visit the Panhandle with the July University of Nebraska Board of Regents meeting in Scottsbluff.

Belck has done quite a bit of traveling since her undergraduate days and her husband has made many of those moves with her, she said, ticking off Tennessee, Michigan, Arizona, Louisiana and Southern Illinois University at

Edwardsville, her last stop before UNO. Does he mind being the tag-along spouse?

Belck said he has enjoyed the travel and has been able to start up again wherever they've moved. "Jack describes my career as the vertical career ladder, and his own as a horizontal career lattice," Belck said. "He has degrees in communications and broadcast writing, and has been everything from an editor to a communications specialist, working both on and off campuses."

"Now he's taken his public relations and marketing skills to the Internet. He designs web pages and works for some of the local public relations firms. With the situation in the business community here, Omaha has been a very good place for him," she said.

Now that she is settled in and finds UNO to be a good fit, how would Belck define her job here and what does she have in store for the upcoming year?

"A chancellor provides the academic leadership for a campus and makes sure the university functions efficiently, like a business," she said. "It is also the responsibility, on a metropolitan campus such as UNO, to be engaged with the community. Belck has been engaged from day one last year and expects to continue to build on the initiatives started last year - which were themselves an extension of work started by the previous chancellor, Del Weber."

"I've never gone into a position where there were so many really exciting, significant, major ac-

see BELCK, page 13

From BELCK, page 12

tivities (going on)," she said, citing the groundbreaking for the Information Science, Technology and Engineering (IST&E) building as well as solidifying plans for UNO residence halls. "These are not the kind of things that happen every day in the life of a university," she added.

While groundbreaking for the residence hall is scheduled for late July, building the building is the least of it Belck said. "The significant thing is how prepared we are to change the entire culture of the campus, making it a residential campus. We have to have more offerings of everything more often," she said, specifically mentioning food services and library services.

Belck also hopes to offer some long-needed and much-anticipated renovations on campus this year. "We're very fortunate that this year's bond package was passed so Arts and Sciences and Allwine Halls can finally be renovated. That will be a major project," she said.

In addition, as construction starts on the residence hall, and the annexes are razed, the College of Public Affairs and Community Service (CPACS) offices and classes will be on the move, eventually ending up with a central

But getting away from the talk of bricks and mortar, Belck turns to what she considers the most important goal for this academic year and the future of UNO - student recruitment, and more importantly, student retention.

thing freshmen can do is ask for help when they need it, she said.

"I don't think (anyone) starts out knowing or having their life-long pattern all laid out. I know mine evolved over time. Having grown up in a family of educators, I really did consider other options," Belck said. "But I've been very pleased having chosen higher education."

So freshmen, you too can be pleased with the end result of your higher education experience. Just remember to do your part - be on time, sit up front and don't forget to ask questions.

Students Need To Separate Fact From Fiction On The 'Net, Scholars Say

CHICAGO - College Press Service - Many students don't bat an eyelash when cruising through the Internet to research a paper only hours before it's due.

But if they're not careful, they'll wind up basing their paper on research that is incorrect and unreliable, says Professor H. Juhling McClung, a professor of pediatric medicine at Ohio State University.

To make his point, McClung and two other researchers compared information they found on several websites about childhood diarrhea to recommendations made by the American Academy of Pediatrics. Of the 60 web pages searched, four-fifths contained inaccuracies, McClung said.

Bogus, online information isn't limited to the medical field, many scholars say. And while there's little anyone can do to prevent false information from being posted on the web, many researchers worry that students won't know - or take the time to discern - fact from fiction.

"It's like anything else - see who's writing it," said Dr. Matt Sorrentino, a cardiologist at the University of Chicago. "Use the same criteria for Internet documents as you would for books or magazines. Remember, if you can't find a way to document a site - a name or a date - then it's probably not a site you want to use."

Students should treat the Internet as they would any other information source, said Bill Silberg, new media editor of the Journal of the American

Medical Association.

"They just need to be appropriately skeptical," he said. "Think about who is writing and whether they have a potential bias. Is the information current, or is it an opinion? And if it is an opinion, whose opinion is it?"

Sorrentino also recommends that students always double and triple-check information they find online. He urges students to avoid personal websites and recommends that they stick to reputable associations and organizations - such as the New England Journal of Medicine. Another site devoted to promoting responsible and accurate health and medical information on the Internet is the Health on the Net Foundation (www.hon.ch), said Steven Fuchs of the Medical Center Web Project at Stanford University.

"Fact carries much greater validity if you can find it in more than one area," he said. "If you can't find another source, I would definitely question it."

Until better plans are in place to ensure that information on the 'Net is current and correct, McClung said students risk hurting their grades. Just as journal and magazine articles undergo peer review before publication, he suggests that more web sites be held to the same standards. He also encourages educators to be particular about the web sources students use.

"You've got to shame the institutions into it," he said. "You've got to tell them, 'Hey, you're letting garbage out there under your name. You should be embarrassed.'"



9.50*
per hour

- Work Monday - Friday (No Weekends)
- 15 - 25 hrs a week
- Tuition Reimbursement
- Stock purchase plan
- Full Benefits

SHIFTS AVAILABLE

3:30 a.m. - 8:30 a.m.
4:00 p.m. - 8:30 p.m.
10:00 p.m. - 2:30 a.m.

(must be able to lift 70 pounds)

1-888-877-3017

UPS is a Proud Sponsor
of UNO Athletics

MAVERICKS

EOE/M/F/D *(\$8.50 or \$9.50)

Are You An Internet Addict? Test Will Help You Tell

Knight-Ridder Newspapers

The catlike screeching noise that a modem makes connecting to the Internet and the green glow of a computer monitor have become more stimulating to some people than their spouses.

"I don't mean to spend all my time this way, but I can't stop. It's the only place my opinion matters and I feel important," says a message posted on a bulletin board for Internet addicts.

Internet addiction has attracted the nationwide interest of talk shows, psychologists, college students, parents and spouses.

Are we becoming a nation of Internet addicts?

Kimberly Young, an assistant professor at the University of Pittsburgh-Bradford and co-founder of the Center for Online Addiction, thinks so.

Young's book, "Caught in the Net: How to Recognize the Signs of Internet Addiction - and a Winning Strategy for Recovery," will make its debut in stores later this month.

"We're bombarded with cultural messages that urge us to welcome this new tool and we're assured that it will

only improve and enrich our lives," Young writes. "But it also has an addictive potential with harmful consequences that, left undetected, could silently run rampant in our schools, our offices, our libraries, and our homes."

Young believes Internet addiction has become as serious a problem as alcoholism, compulsive gambling, chemical dependency and other physical addictions. Addicts' out-of-control habits have frustrated bosses, destroyed families, drained personal finances and created a new class of jilted spouses called "cyberwidows," according to Young.

In her research, Young uncovered a trend which demonstrated that those most susceptible to Internet addiction already suffered from depression, anxiety or low self-esteem, or were struggling to overcome a prior addiction.

The most likely to become addicted are middle-age housewives and college students. Young reports that nearly 14 percent of all college students meet the criteria for addiction.

For these people, the Internet pro-

vides a faceless community in which a user's name, age, sex and appearance can be concealed. The Internet is unquestionably the tool that has revolutionized the way we get information, entertainment and services. But it also has a dark side in which pedophiles prey on children, scam artists defraud consumers and businesses and individuals spread misinformation and wreak havoc.

Some of the most dangerous places online can be in chat rooms. Multi-user dungeons and cybersex chat rooms rank as the favorite applications for heavy users. One in five Internet users is likely to engage in some form of cybersex.

Sixty-eight percent of those Young surveyed said they still continue to use the Internet, despite the problems it was causing in their lives.

To assess your level of addiction, take Young's test using this scale for the answers: 1 - Not at all, 2 - rarely, 3 - occasionally, 4 - often, 5 - always.

1. How often do you find that you stay online longer than you intended?

2. How often do you neglect household chores to spend more time online?

3. How often do you form new relationships with fellow online users?

4. How often do you prefer the excitement of the Internet to intimacy with your partner?

5. How often do others in your life complain to you about the amount of time you spend online?

6. How often does your work suffer because of the amount of time you spend on line?

7. How often do you check your e-mail before something else that you need to do?

8. How often does your job perfor-

mance or productivity suffer because of the Internet?

9. How often do you become defensive or secretive when anyone asks you what you do online?

10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?

11. How often do you find yourself anticipating when you will go online again?

12. How often do you fear that life without the Internet would be boring, empty and joyless?

13. How often do you snap, yell or act annoyed if someone bothers you while you're online?

14. How often do you lose sleep due to late-night log-ins?

15. How often do you feel preoccupied with the Internet when offline, or fantasize about being online?

16. How often do you find yourself saying "just a few more minutes" when online?

17. How often do you try to cut down the amount of time you spend online and fail?

18. How often do you try to hide how long you've been online?

19. How often do you choose to spend more time online over going out with others?

20. How often do you feel depressed, moody, or nervous when you are offline?

If you scored between 20 to 39 points, you are an average online user.

If you scored 40-69 points, you are experiencing frequent problems because of the Internet.

If you scored between 70 to 100 points, your Internet usage is causing significant problems in your life. You don't have to pull the plug on your Internet connection, but you should spend more time in the real world.

CONFIDENTIAL ABORTION SERVICES

People who care when you need it most.

Board Certified OB/GYN Physicians

- Outpatient Procedures
- Local or Sedation Anesthesia
- Student Discounts
- Assistance with Parental Notification

Saturday Hours Same Day Pregnancy Test Results Immediate Apps.

WOMEN'S MEDICAL CENTER OF NEBRASKA
4930 "L" Street, Omaha (Easy Access from I-80)
734-7500

A.M.S.
AMERICAN
MULTICULTURAL
STUDENT AGENCY

What does A.M.S. have to offer?

Cultural Events & Programs

SCHOLARSHIP INFO.

ETHNIC MAGAZINES & NEWSPAPERS

Essence
Indian Country Hispanic Business
Filipinas

GET INVOLVED
LEARN ABOUT
CULTURE

1st Floor
Milo Bail Student Center
554-3696

Women's Resource Center
University of Nebraska at Omaha
Milo Bail Student Center 1st floor

The Following Services are offered FREE of charge:

- Extensive magazines, newspapers
- Library with topics on History, Arts, Spirituality, Feminism, Love, Relationships, Recovery, Health, Family, Parenting, Careers, and more
- Job Listings
- Scholarships Listings
- Research Files
- Art Space
- Videos and viewing area
- Support groups
- Programs/speakers
- Quiet Study Area
- STD, AIDS and HIV information
- Referrals for Health, Legal and Counseling Services
- Gay/Lesbian support services

Strengthening Women's Lives Since 1973

If you're interested in offering program ideas, getting volunteer opportunities, or if you would like to receive a Women's Resource Center Newsletter please stop in and see us or call 554-2730

Virtual Frog Aims To Open New World For Students Who Object To Dissection

Knight-Ridder Newspapers

PALO ALTO, Calif. — The inhabitants of Frog Island don't have to worry about the mysterious die-off that has been wiping out amphibians in many parts of the world. They're in no danger of croaking.

They're virtual frogs - hopping, swimming or scooting across the screen while baring their innermost organs for science.

With the click of a mouse you peel back their slick, green skin to reveal a skeleton, muscles, heart and guts. Click! Rotate a frog, or zoom in for a better view. Click! A joint flexes, and the frog leaps. Click! Give the frog a new set of muscles. Send it racing around a track to see how this particular configuration works. Click! Explore the physics of a frog jump.

It's all part of a Stanford University project called Virtual Creatures that aims to brighten the teaching of biology by drawing students into a vivid, three-dimensional world - and giving them a possible alternative to dissection.

Financed with a \$125,000 seed grant from the National Science Foundation, Frog Island could be the first in a series of programs to

explore the denizens of the biology lab - from the cat to the mouse to the grasshopper.

In some cases, these virtual reality programs could replace dissection of real animals. A number of states, including California, now require teachers to offer other options to students who object to dissection on ethical grounds.

More than a dozen studies have concluded that students who use alternatives - from 3-D plastic models to computer simulations - do just as well in their courses as those who dissect, said Jonathan Balcombe, a biologist and associate director for education for the Humane Society of the United States.

"What kind of message are we sending to young, impressionable children when we put them in class and tell them today we're going to dissect a fetal pig or whatever it is?" he added. "We feel that's not the kind of educational exercise conducive to developing respect for life."

But many biology educators say dissection is an essential part of learning about living things. They said it's more likely that Frog Island will be used alongside dissection to help students get more

out of their lab work.

"One problem with dissection - once you dissect it, it's gone and you can no longer refer to it," said Decker Walker, a Stanford education professor who worked on the project. With Frog Island, he said, students can refresh their memory with a detailed map of the frog anatomy on their computer screens.

And with a library of virtual creatures at hand, he said, students could plow through the innards of several animals a year - and compare them side by side, something that can't be done with real specimens.

The program comes at a time when many schools are cutting back on dissection because it's expensive, and because they can't find time to fit it into the curriculum.

A preserved frog is \$6, and a cat can run more than \$25, said Patrick Roisen, a biology teacher at Menlo-Atherton High School in California who helped develop the lesson plans for Frog Island. At his previous high school in Daly City, Calif., he said, money was so tight that the science students sold T-shirts to raise money for dissections and lab equipment.

Still, he said, "from my view-

point dissection is invaluable. There's nothing like it. There's something visceral about doing the hands-on. Kids see things on TV all the time - it becomes unreal to them. When kids touch the eyeball of a cow or the brain of a sheep, it blows their minds away."

Wayne Carley, executive director of the National Association of Biology Teachers in Virginia, agreed: "A model is always going to be limited, no matter how good it is - even if we get smell-a-vision on our computers and waft the odor of preservatives" over the virtual dissecting table.

Frog Island is not yet ready for prime time. Running the 3-D program requires a powerful computer, far beyond the reach of most classrooms - which typically have 4-to 5-year-old equipment.

Parvati Dev, an electronics engineer and director of the Stanford group, said she is bringing in students from high schools and colleges this summer to create a QuickTime virtual-reality version of the program, which should be more accessible. Roisen said, "I think what they're trying to do is great and has a lot of promise. I just hope we'll be able to use it."

Web Is Rife With Job-Hunting Sights

Knight-Ridder Newspapers - Few people searched the Internet's World Wide Web to find their dream job five years ago.

Today, chefs, secretaries, firefighters, construction workers, accountants, reporters, marketing and advertising executives - people in just about every profession use the Internet to scout out jobs.

That's because big business has discovered that the Internet is a great place to recruit new talent. A 1997 survey by the American Management Association showed that 53 percent of major companies go online to find job candidates.

However, small businesses lag behind in Internet recruiting. Last year, only 6 percent of small companies with Internet connections used them to search for employees, according to a survey by Arthur Andersen Enterprise Group.

In five years, career placement experts predict 95 percent of jobs will be listed on the Internet.

Through the Internet, job seekers can find out about job vacancies, get job hunting tips or career counseling advice, make contacts and research occupations, companies and cities.

Computer-savvy college students often turn to the Internet to find summer jobs, internships and full-time jobs.

In 1995, Rachel Bell and Sara Sutton, two former college students, founded JobDirect.Com, an online job placement service for college students (www.jobdirect.com), in Stamford, Conn.

Students use JobDirect.Com for free, while companies pay monthly fees to advertise jobs.

Once students enter their resumes, the database cross-references their qualifications with current positions listed by employers. Every 24 hours, the database matches job open-

ings with qualified candidates and sends e-mail to the students with details regarding each match.

A sample of Fortune 500 companies recruiting from JobDirect.Com's database include Sun Microsystems, Sears, Digital, Random House, Intel and Price Waterhouse. A surge in online recruiting and a tight labor market has bolstered business at JobDirect.Com.

Jobtrak (www.jobtrak.com) also specializes in placing college students.

In the decade since its inception, more than 300,000 employers have used the service to find qualified candidates for full-time, part-time, temporary and internship opportunities, according to Jobtrak.

With thousands of sites dedicated to jobs or careers, where do you begin?

Start your search with the Net's big job databases such as the Online Career Center (www.occ.com). It is one of the biggest job sites on the Internet and has been around the longest.

Career Mosaic (www.careermosaic.com) indexes postings from more than 20 job-related newsgroups and allows you to search international classifieds.

E-Span at (www.espan.com) has more than 2,000 clients ranging from well-known organizations to smaller companies.

The Monster Board (www.monster.com) has 50,000 listings from more than 1,000 companies.

America's Job Bank (www.ajb.dni.us) began as an effort to offer employers national exposure for job openings and has long been available through library and university computer systems. This site contains more than 633,000 jobs and more than 57,000 resumes.

A lot of major newspapers have put their help-wanted section online. If you go to CareerPath.com

(www.careerpath.com) you get access to help-wanted section of dailies around the country such as The Boston Globe, Chicago Tribune, Los Angeles Times, The New York Times, San

Jose Mercury News and The Washington Post. You can also find the Orlando Sun-Sentinel's help-wanted section on CareerPath.com or at (www.careerspot.com).

have
design
ideas?

Assistant
Ad Manager and
PRODUCTION
EDITOR
for fall '98 Gateway

This paid position is in charge of layout and some design for each issue of the Gateway. Must be able to work on Sunday and Wednesday. Hours flexible. Working knowledge of PageMaker a must.

Pick up an application at the Gateway office, Milo Bail Student Center, northeast corner of the first floor. Apply ASAP. Position will close when qualified candidate is found.

If you have any questions call Carol 554-2470

Administrative Offices, 2nd floor, 554-2383.

Bookstore, 1st floor, 554-2336.

Textbooks & school supplies plus UNO sportswear, greeting cards, best sellers & magazines.

Business/Ticket Office, 2nd floor, 554-2981.

Campus Wide Scheduling, 2nd floor, 554-2383.

Meeting room reservations, fund raising procedures and literature distribution.

UNO Child Care, Annex 47, 554-3398.

Child care for children (18 months through 12 years) of students, faculty and staff.

Convenience Store, 1st floor.

Food Services/Catering, (MBSC Second Floor), 554-2400

The UNO Food Services Office maintains and operates all food facilities on campus.

The Food Court offers many dining options:

Tomassito's - Italian Cafe, with homemade and fresh baked pizzas, fresh cooked pasta with sausage or meatballs, homemade lasagna, and garlic rolls.

The American Grill - Assorted Philly sandwiches, chicken sandwiches, old-fashioned hamburgers, cheeseburgers and french fries. Visit the Grill for breakfast where you will find scrambled eggs, bacon, toast, bagels and much more.

Durango's Deli - Sub shop featuring Healthy Choice deli meats, made to order hot sub sandwiches, soups and deli sandwiches.

The Rice Place - Freshly prepared toppings served with your choice of rice.

Garden Greens - Salad bar which offers many toppings for you salad greens, as well as pasta salads, fresh fruits and vegetables and a variety of salad dressings.

The Kiosk Kafe - Serving continental breakfasts, bottled juice and waters, espresso, cappuccino, Krispie bars, pretzels, cookies and frozen yogurt.

Games Room, 1st floor.

Health Services, 1st floor, 554-2374.

Registered nurse on duty and MD available by appointment.

Housing Referral Service, 2nd floor, 554-2383.

Student Organizations and Leadership Development, 1st floor, 554-2711.

Assists students involved in activities and organizations on campus.

William F. Baxter Memorial Chapel, 2nd floor.

Additional Services:

American Multicultural Students

Gateway (student newspaper)

International Student Organization

Network for disabled Students

Student Government

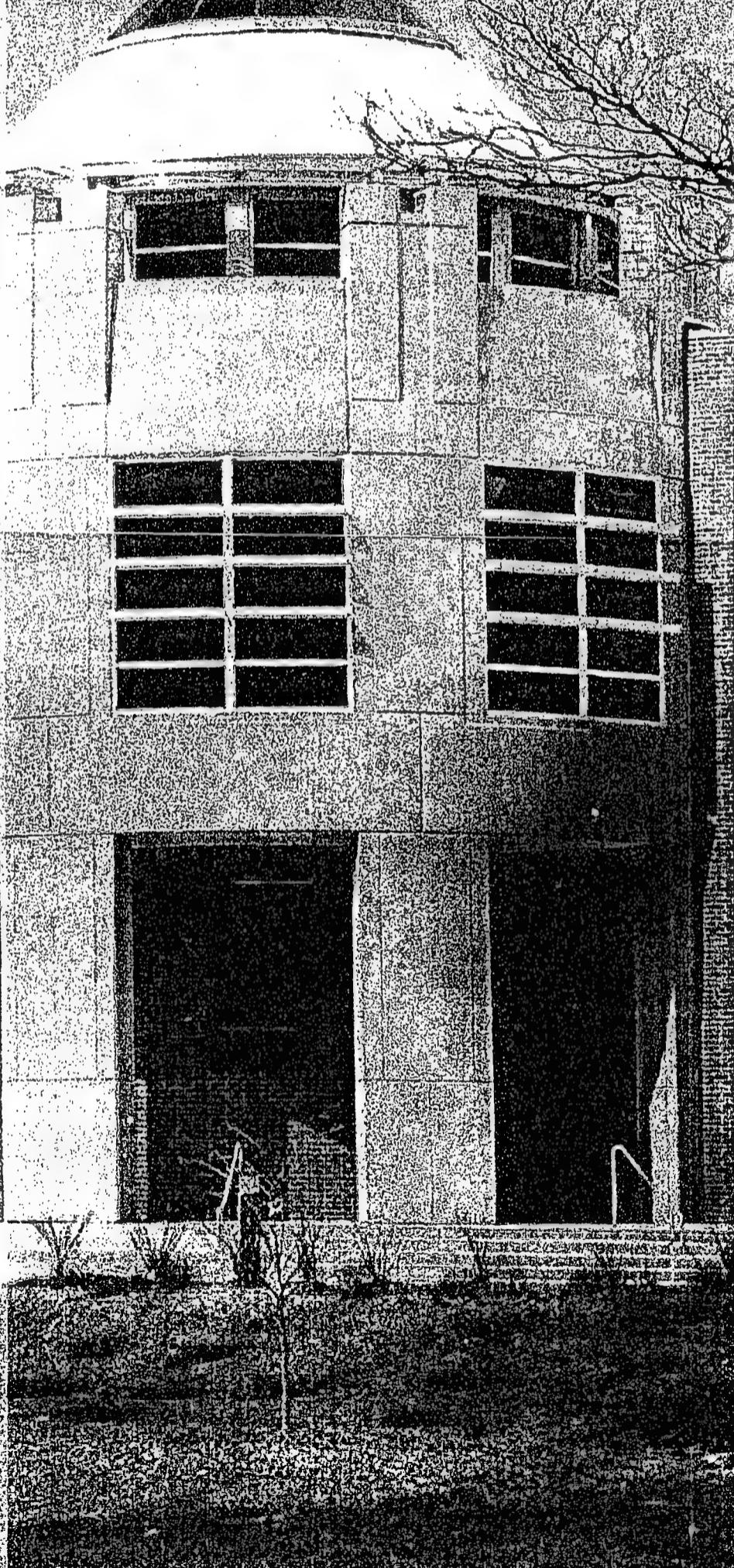
Student Programming Organization

Tv/Vending Lounge

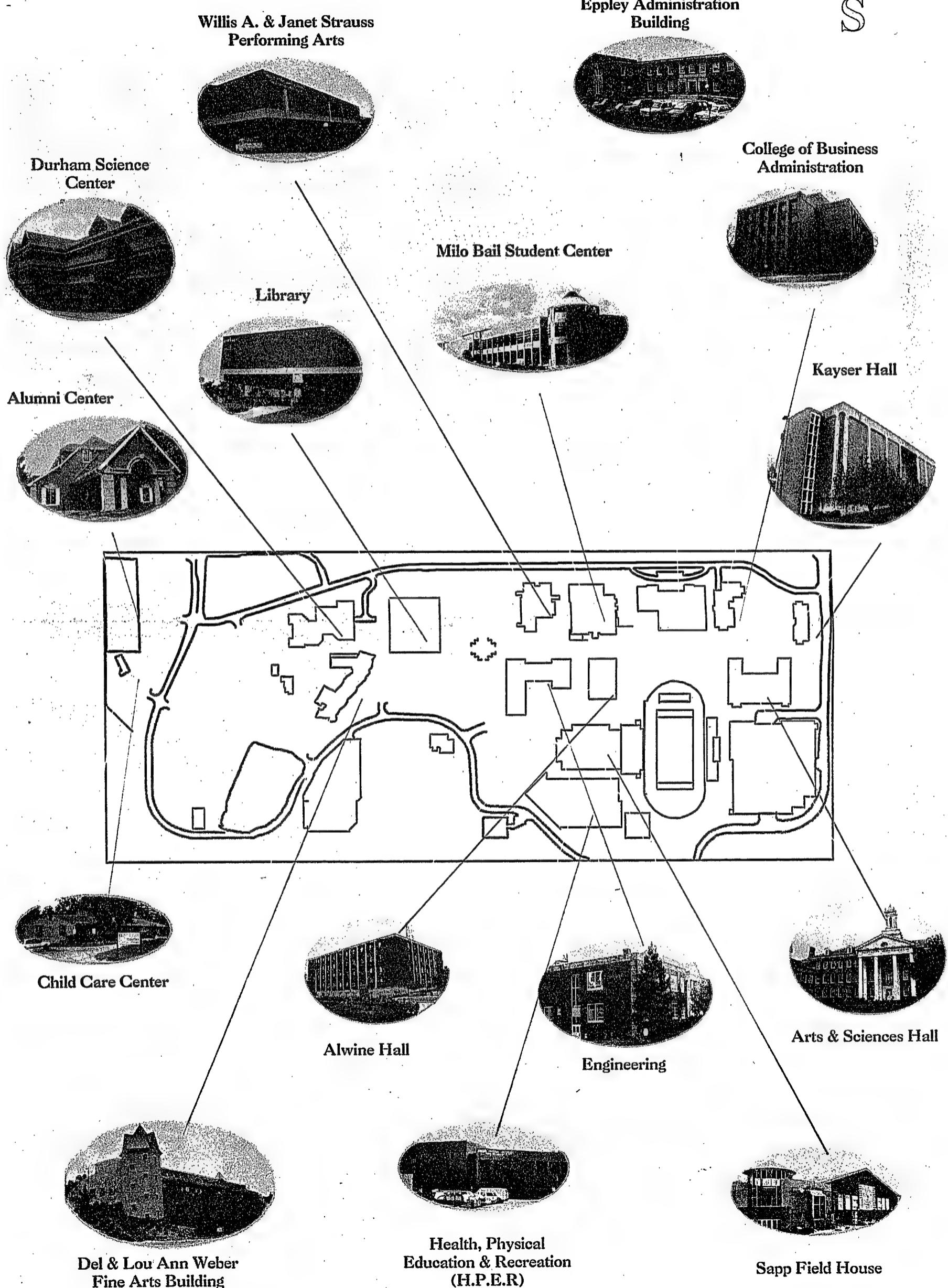
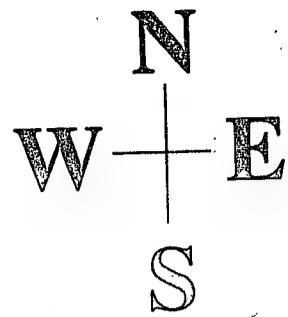
Women's Resource Center

The student center is a unit of student services and enrollment management.

Milo Bail Student Center



UNO At A Glance



Bethsaida Experience Open to Students

by Eileen Kenney
Senior Writer

Bethsaida — in its time, it was a happenin' place. A major urban center. It is mentioned in the New Testament of the Bible as the birthplace of apostles and the site of several miracles performed by Jesus. But then it mysteriously disappeared. For centuries Christian pilgrims went in search of the lost city, but they never found it.

It seems they were looking in all the wrong places. Bethsaida, which literally means "House of the Fisherman," had originally been located at the mouth of the Jordan River. But the river moved and the city was left behind.

In the early '80s, Father Bargi Pixner pointed out what he thought to be the site of Bethsaida. In 1987, Dr. Rami Arav, a leading Israeli archaeologist, began a series of probes and excavations that would confirm Pixner's idea, and in 1989, the State of Israel recognized the official location on Israeli maps.

In 1991, the Bethsaida Excavation Project was formed with faculty directors and staff

from institutions worldwide to supervise the recovery of the site. The Bethsaida Excavations Project is housed at UNO, and UNO-led excavations are in their eighth season.

Today Bethsaida is the only place where one can actually see the remains of an entire city of the biblical era which has not been destroyed and reconstructed in intervening centuries. It provides scholars with a first hand look at life 2000 years ago.

Joining the excavation effort, as an archaeology major, English major, or just interested knowledge-seeker, is as simple as registering and as hard as you are willing to work. Both credit and non-credit sessions are available. Participants are housed at a kibbutz (a collective farm with dormitories) and work generally runs from 5:30 a.m. to 12:30 p.m. five days a week.

Ruth Knox, a UNO senior majoring in family science/communications spent three weeks on the excavation in the for-credit program. As part of her academic requirement, Knox kept a field journal, which outlines, in brief, her experience.

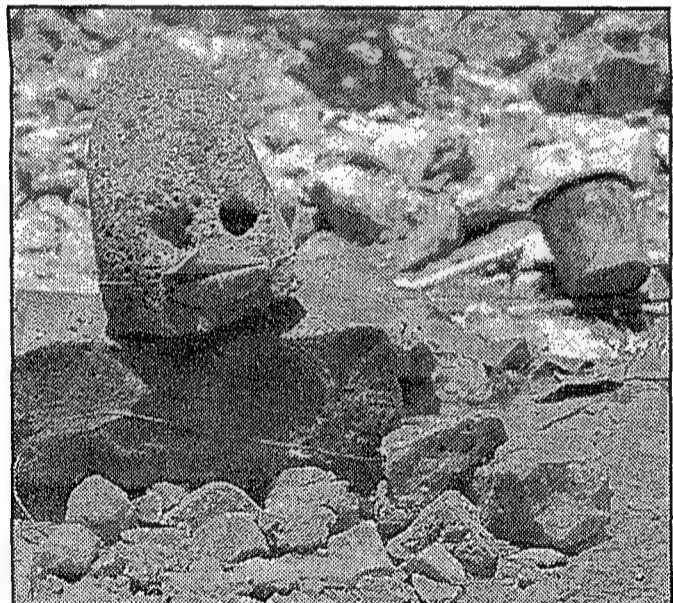


photo by Ruth Knox

(Above) At the City Gate site at Bethsaida excavation project

(Below) Kristy Leahy, a UNO religious studies major, and Jonathan Rudd, from London, working with pottery shards during a pottery reading at Bethsaida.



photo by Ruth Knox

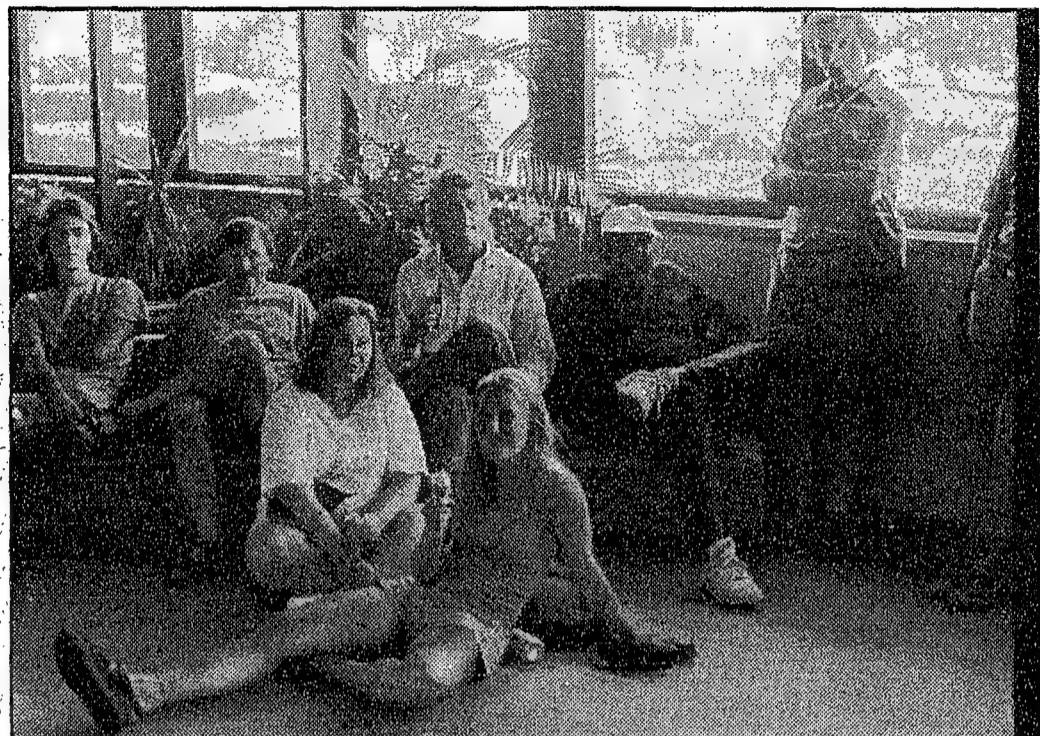


photo by Ophir Palmon

(Left to right) Guido Guarducci, David Fiensy, Ruth Knox, John Lokke, Vicki Schaal, Dr. John T. Greene and David Hnath in the lobby of Beit Allon Museum at Kibbutz Ginnosar.

June 21 —

Met fellow travelers Kristy Leahy, Vicki Schaal, and John Lokke, at Eppley. The St. Louis/New York flight was canceled. Missed our international flight and ended up flying out of Newark.

June 22 —

Arrived at Tel Aviv. Baggage didn't. Joined Jordan Greenberg from New York and Guido Guarducci, from Florence, Italy, for the ride to Kibbutz Ginnosar.

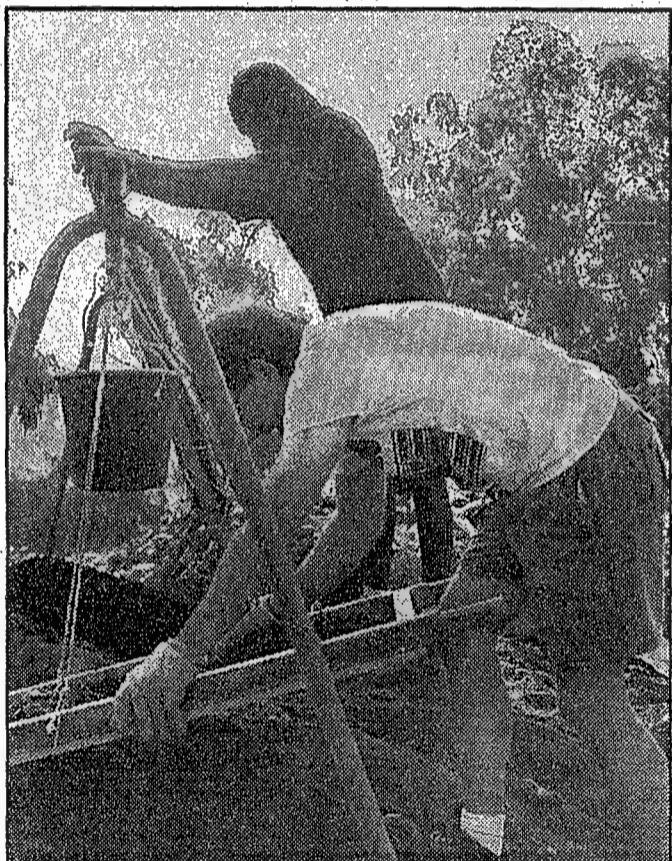


photo by Ruth Knox

John Greene (back) and David Fiensy sifting the dirt for finds.

June 23 —

Orientation at the site. Warnings: an area beyond the fence may contain land mines; metal objects can be dangerous; watch out for scorpions. Toured the excavation site.

June 26 —

Dr. Arav said God doesn't put four stones in a row — that's how to think in finding walls. Visited Capernaum with Dr. Freund as tour guide.

June 24 —

I'm working an area next to the city wall, looking for a wall separating the upper city from the lower. My job: remove dirt from between the rocks of the suspected wall. Found two M16 shells, caps in place. David Fiensy, a professor from Kentucky Christian College, found some big pieces of pottery, complete enough to be restored. Luggage arrived just before midnight.

see next page

June 28 —

Today we were tourists. Dr. John Greene (from Michigan University) played tour guide. Took a winding path down a *deep* valley led to the excavation site of Gamla, an ancient Jewish city. Legs felt like rubber! Afraid I wouldn't make it back up, I let the others go on without me and returned to the top of the mountain. Next was old Qasrin, an excavation site with a restored ancient house. In the afternoon we went to Beth Shearim, Jewish catacombs. On the way back to the kibbutz, we stopped at McDonalds.

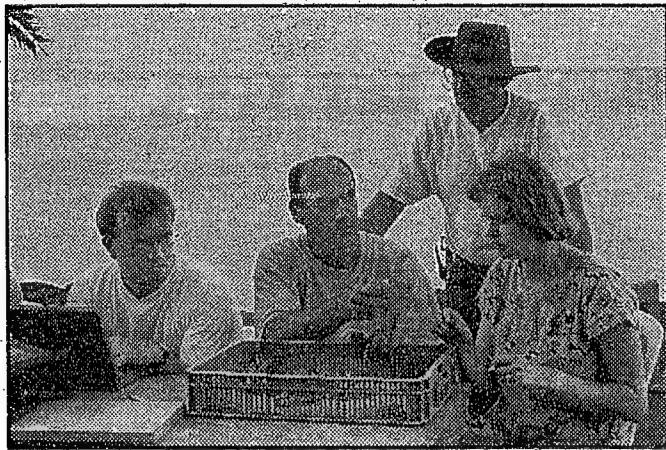


photo by Ruth Knox

At a daily pottery reading; Dr. Rami Arav (seated center), discusses finds with Knud W. Skov, Denmark, (seated left) Dr. Richard Freund, (standing) and Sandra Fortner, Munich..



photo by Ruth Knox

*Dr. Richard Freund waxing eloquent in synagogue at Capernaum.***June 29 —**

My classroom is most unusual but delightful. A screen canopy protects us from the sun. My desk is a pile of rocks from where I can look over the valley to Lake Kinneret, or the Sea of Galilee. John Greene, our area supervisor, answers our constant questions. Kept hearing thunder, but it was actually Israeli tanks practicing. Dangerously hot today. Looked forward to popsicle break.



photo by Ruth Knox

*Dr. Rami Arav walking between the ruins of the ancient city.***July 1 —**

Went through the area that had burned last night. A grape vineyard was destroyed, along with grass and scrub bushes. Found part of an oil lamp and a stopper for a jug today! Tonight's lecture, by Dr. Freund, was on the incense shovel found at Bethsaida. His lecture included the "dance of the incense shovel."



photo by Ruth Knox

David Fiensy carefully scraping away dirt and finding pieces of a pottery container.



photo by Ruth Knox

UNO's Dr. Richard Freund showing young visitors how to dig for pottery shards.

July 5 —

Went to Jerusalem today. Dr. Freund had us count incense shovels in the Israel Museum. Had a personal tour of the Shrine of the Book by the curator, Adolfo Roitman. Lots to see & visit! The Bible Land Museum, Old City, Church of the Sepulchre and the Wailing Wall. Lots of narrow winding streets. Had to leave by six o'clock; the bus driver wanted to be past Jericho before dark.

July 7 —

Uncovered more of the floor in our area. Discovered a boot heel from a Syrian soldier, circa 1960. Cleaned the rock floor for photography. Cleaned up early today. Most of the group took rubber boats and floated down the Jordan River. I went into the park to a place where the Jordan was diverted to run a mill and cooled off beneath the waterfall. How refreshing!

July 9 —

Finished removing the old floor and started removing more dirt. Learned to use a transit to determine the levels of our area. Even though we're on a hill, we're still below sea level. Went to a restaurant in the mountains tonight for native food. John Lokke showed us the drawings and watercolors he's been working on.

July 10 —

Last day on the dig. Last time to cross the Jordan river on the old military bridge with the wooden bed. Hate the thought of leaving, but I miss home. Spent part of the afternoon watching Jerome work on the ancient boat and John drawing the boat. Had my last strawberry milkshake at the hotel.

July 8 —

Dr. Arav showed us pottery in the restoration room of the museum here on the kibbutz. Putting together pottery is like doing a jigsaw puzzle. Dr. Arav decided to save the Syrian soldier's boot heel. He pointed out that there were screws that held the boot heel to the boot. Syrians had used the site for a military outpost.

July 11 —

Saturday, time to go home. Breakfast at the hotel, lunch at the Chicken Restaurant run by the kibbutz. Went to the lake and walked down the pier for the last time. Late afternoon, the four of us who started together, left for the airport. By midnight we were on the plane ready to head home.

Essential Rules of Classroom Etiquette

by Colleen Sergeant
Features Editor

Want to avoid the label "freshman"?

By learning college classroom etiquette you can convince anyone that you are a student with experience. Knowing the ropes will not only make you appear more confident and mature to your peers, but will also impress your professors.

Because each professor has a different teaching style, etiquette will vary from classroom to classroom. Professors will supply you with clues the first day as to what their expectations are. Also observe the actions of other students. The sooner you can figure out their etiquette system, the better off you will be. Here are some general etiquette tips of the college classroom.

Just don't be tardy. It's rude and draws attention to you. Professors won't wait around for you to show up.

Know the professor's attendance policy. Some want you there and some don't care. Regardless of the policy, you will benefit greatly by attending class regularly. It is courteous to drop the professor an e-mail in advance if you know of a class day you will miss. They will be more likely to help you catch-up.

Generally, food and drink is okay in class as long as it isn't messy. Please don't crunch on chips. Be careful with open cans of pop, because a spill could be quite embarrassing. *Above all, never take food into a computer lab!*

Raising your hand isn't always necessary. Again this will depend on the

professor. If the professor asks a question and then stops talking that's your prompt to supply an answer.

Dress for success. Rather than going to class in sweats after two hours of sleep on test days, I dress up in something professional. Even if I feel like crap, my attire tends to make me feel more awake or at least appear that way.

Seating is normally not assigned. Here's a little secret. Those who sit in the front row tend to get A's. This is a trend that many professors have observed. Although, don't bother sitting in the front row unless you are ready to be attentive and make eye contact

with the professor. Sitting in the back row can make it difficult to see and hear the professor. Avoid either extreme by sitting in the middle.

Chatting while the professor is speaking is just not acceptable. Most students have outgrown it, as college students are adults. Those students who do cause problems are dismissed.

Many classes skip the quizzes, extra credit and homework points and leave it to the exams to make or break your grade. This leaves little room for failure. However, accommodation are usually made in freshman level classes.

Sleeping in class is not a great way

to impress the professors.

Note taking skills are a necessity. Writing down everything can be overwhelming, but with time, you'll learn what is important to take note of. Using a tape recorder as a back up guarantees you won't miss a thing the professor says. Experiment and find a method that works best for you.

College is a lot like high school, but now you are responsible for your success. The teacher has let go of your hand, so self-discipline is a must. Get organized and learn how to manage your time. Be prepared you are about to enter a whole new world of etiquette.

Understanding Differences

by Stephen Croucher
Staff Writer

When you look through the Better Registration at UNO (BRUNO) book, titles like, assistant professor, associate professor and professor bombard you. But what's the difference?

Why is one professor an associate and another just a professor?

Is the person called a professor, better than the associate professor?

The difference indicates the quality of their teaching and the length of time they have been at

UNO said Associate Vice Chancellor for Academic Affairs, John T. Farr.

"People are appointed as assistant professors, then based on achievement, they come up for promotion," Farr said.

Most people who start off as assistant professors have a doctorate. However, some fields or degree areas at UNO do not require a doctorate, a master's degree will suffice.

There's no set time limit on when a person must apply but most wait a few years so they can research and publish materials in their field. Then they are reviewed by their peers, the

department, the college and vice chancellors.

And that is how teachers can advance through the ranks at UNO.

Speaking of teachers, how should you address them in class? Are they, Mister, Misses, Miss, Professor, Assistant Professor or what?

If a teacher is part-time, an assistant professor or an associate professor, they are not addressed as professor, because they are not professors. Listen to how these indi-

see PROFS, page 21

Work at the Greatest Store on the Planet - Nebraska Furniture Mart!

Nebraska Furniture Mart
has job opportunities that:



All Reet, You Hepcats! Dig the Nebraska Furniture Mart Job Scene!

Growth oriented with career opportunities - over 1,000 staff
• Over 60 years of steady growth
• Hoppy & fun environment
• Industry & market leader
• Steady flow of customer traffic
• Not open weekend nights
• Part-time benefits

For a list of job opportunities
Call 255-MART
or apply in person at
Human Resources:

7312 Jones St.
at the West end of Mrs. B's,
Monday through Friday: 8am - 5pm
EOE

Nebraska Furniture Mart
Furniture • Home Furnishings • Electronics • Appliances

Work at the Greatest Store on the Planet - Nebraska Furniture Mart!

RIPS
An FDX Company

College Students

Earn up to:

\$9.50

per hour

(\$9.00 + \$.50 Tuition Assistance)

- Work Monday-Friday (No Weekends)
- Opportunity for Advancement
- 15-20 hrs. a week
- Physical, fast-paced work
- Load & unload trucks
- Must be 18 yrs +

Shifts available
3:00am - 7:30am
5:00pm - 9:00pm

**2615 N. 11th St.
Omaha, NE 68110
345-3709**

UNO Parking 101



Parking at UNO can be as much of a challenge as any final exam.

by Craig Perkins
Staff Writer

Welcome to UNO.
Where do I park?
In the morning there are 2787 parking spaces available for UNO students with parking permits.

That number increases later in the day when some of the spaces for staff and faculty become available to students at 1:30 p.m.

There is also a parking garage south of Arts and Sciences which is available to anyone for 50 cents after 12:30 p.m. Prior to then you need to purchase an access card to use the parking garage.

Parking permits, which cost \$35.00 for the entire school year and garage access cards, which cost \$12.50 plus a five dollar deposit are all available at Campus Security in the Eppley Administration Building.

According to Assistant Manager of Campus Security, Paul Kosel, most incoming freshmen use the free parking at Aksarben and if they don't, then they should.

Most incoming freshmen use the free parking at Aksarben and if they don't, then they should.

— Assistant Manager of Campus Security, Paul Kosel

student has two tickets unpaid for 14 days there can be a stop put on your registration or a boot put on your car. A boot is a device which is attached to the front wheel and immobilizes your vehicle. Last year 208 cars were booted. This means the driver must go to Campus Security and take care of their tickets in order to have the boot removed.

Along with the rules and difficulties, Campus Security is also available to help students with any problems such as jump-starting, changing a flat, or opening a vehicle if the keys are locked inside the car.

Profs: What's in a Name

from page 20

viduals ask you to address them. Some teachers want to be called by their first name, some like Mister or Misses, it's their prerogative.

However, if a person does have a Ph.D., they can be addressed as Doctor, because they have a doctorate. Still, some of these teachers will ask you to address them a different way, follow whatever they say.

On the subject of part-time faculty. Does part-time mean inferior? No. Sometimes past full-time teachers at UNO become part-time because of time restraints. Also, some part-time faculty teach classes that are not

in high demand, but they know the subject extremely well. For example, having a journalist from the "real world," not academia, teaching part-time at UNO is very beneficial for the students in that class. Part-time faculty members are very qualified to teach at UNO, they just don't work full-time.

Also, when you look in the BRUNO book you may see the phrase "STAFF." Who is "STAFF?"

STAFF is the term used to indicate that the class is being taught by different members of the department, in a lab format, or by a teacher who has not yet been decided upon.

A QUALITY, CARING EXPERIENCE TO ENHANCE THE DEVELOPMENT OF YOUR CHILD!

- FIRST ACCREDITED CHILD CARE IN NEBRASKA.
- WHEN REGISTERING FOR CLASSES, BE SURE TO SIGN UP AT UNO CHILD CARE.
- CALL 554-3398 FOR MORE INFO.



UNOCCC is a division of Student Services & Enrollment Management

Check out the
University Library's 24 hour services
from remote locations at:
<http://library.unomaha.edu/>

Do research:

- Search full text and bibliographic databases
- Consult GENISYS - UNO's online catalog
- Gateway to the Internet
- Read electronic journals

Use Library Services:

- Request an Interlibrary Loan
- Ask a reference question via e-mail
- Check your circulation record
- Renew your books

Regular University Library hours:

Monday - Thursday	7 am - 11 pm
Friday	7 am - 6 pm
Saturday	9 am - 6 pm
Sunday	Noon - 11 pm

Hours will vary for holidays and intersessions.



Find out How
the
Network for
disABLED
Students
Can Work For
You!

NdS:

- Has a library of multimedia materials for research and educational usage as well as specialized equipment.
- TTY Access
- Computers with many programs to get your work done, as well as internet & email access.
- An advocate and referral service regarding disability issues.
- A lounge area to relax in
- Gives educational, informative and social/cultural programs to provide awareness of the diversity of those who are disABLED.

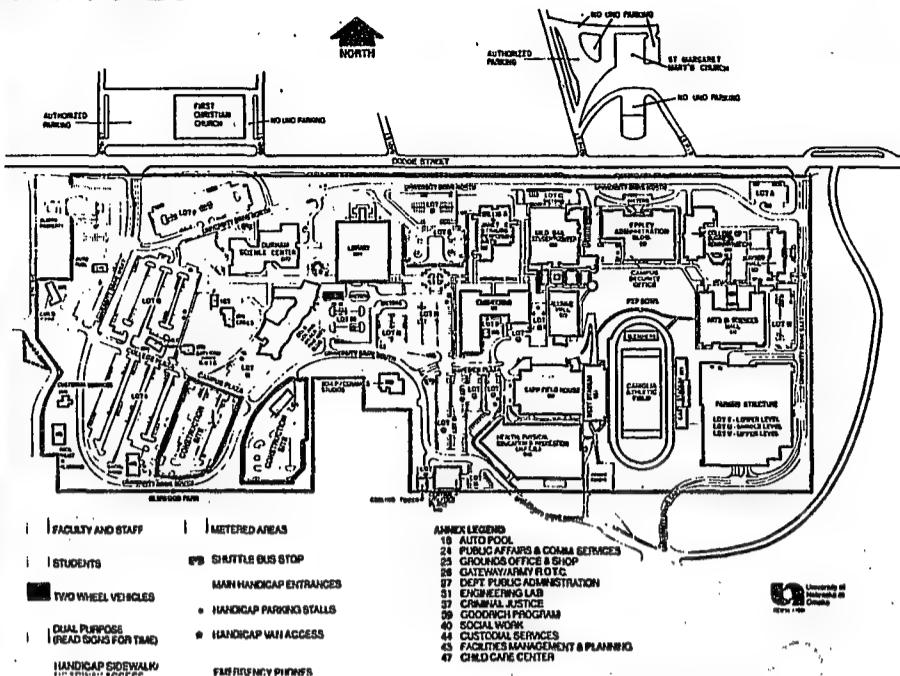
NEW! The outlook magnifies print from any text

TO FIND OUT MORE, call NdS at 554-2368 or look us up at www.unomaha.edu/~stdgov

PARKING:

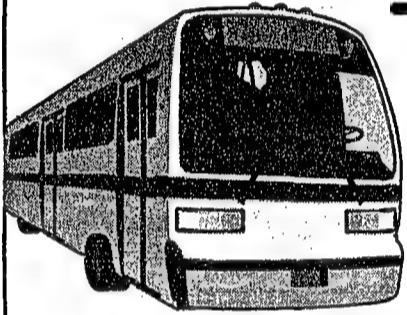
A larger version of this map is on page

17

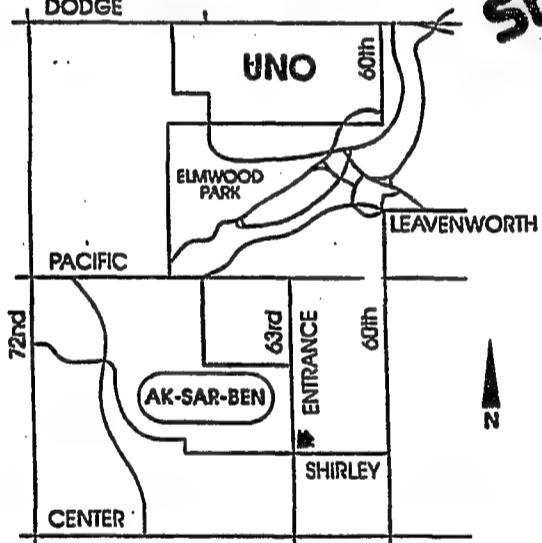


Cost	Permit Type
\$35.00	Student (Valid All Day)
\$17.50	Student Night Only (Valid on campus after 12:30 pm)
\$40.00	GTA (restricted to Faculty/Staff lots only)
	Parking Structure Access Card, if restricted to \$12.50
	Parking Structure Access Card Deposit \$5.00

During the first few weeks of classes, additional Campus Security Officers are available in the parking lots to answer questions and assist with parking. Access to the Parking Structure will be allowed by use of coin-operated entry for a fee of 50 cents (quarters only) after 12:30 pm. No parking permit is required after 12:30 pm in the Parking Structure.

SHUTTLE BUS:

**Park for Free!
Use the
Shuttle Bus!** **No
Permit
Required!**



The shuttle bus is running between Ak-Sar-Ben and the UNO campus beginning at 6:30 am Monday through Friday when classes are in session, starting August 24, every fifteen minutes or less.

The last bus departs campus at 6:00 pm for Ak-Sar-Ben. Access to Ak-Sar-Ben is through the 63rd & Shirley St. gate and the buses will load/unload in the gate area. The shuttle buses are accessible to the disabled.

Parking permits are not required when parking at Ak-Sar-Ben.

The shuttle service is also available for Faculty and Staff use.

The possession of a parking permit does not guarantee a legal parking space on campus. All questions should be directed to Campus Security at 554-2648.

Use the phone to report Emergencies or to contact Campus Security for other assistance.

**Blue Light
"EMERGENCY"
phones located:**

NE of ASH
NW corner of lot T
NW corner of lot U
NW corner of lot V
SE of Library

West of Field House
North entrance of Lot G
Parking Lot I
SW of MBSC
MBSC 24 hour study room

We're here to help you...

ON CAMPUS EMERGENCIES DIAL 4-2911

CAMPUS SECURITY

554-2648

on campus
just dial
4-2648

EPPELEY ADMINISTRATION BUILDING - ROOM 100 - FIRST FLOOR - INSIDE SOUTH ENTRANCE

The Rice Place Adds Options to Food Court



Students this fall will see big changes at the Food Court in the Milo Bail Student Center.

by Heather Clark
Staff Writer

The UNO Food Court will expand its menu this fall. In addition to the already existing restaurants, The Rice Place will offer students a menu with a more international flavor.

"Too many people think of Oriental when they think of rice," said Sue Baker of Food Services, "but that's not the case."

The new menu will vary from day to day and feature rice dishes from all over the world, including Mediterranean.

The Rice Place will be located at the beginning of the Food Court, adjacent to Tommasito's.

So what's behind the decision to add the new restaurant?

"We (UNO) have such a large international student population," said Baker, "and everyone eats rice."

Baker said The Rice Place will be up and running for the first week of fall classes. Prices cannot yet be quoted for dishes and the menu has not been released just yet.

In addition to The Rice Place, the Food Court, located on the second floor of the Milo Bail Student Center, also features Tommasito's, Durango's, Garden Greens, The American Grill and The Kiosk Cafe.

Tommasito's is an Italian cafe featuring homemade and fresh baked mini pizzas (I have it on "authority" that the cheese pizzas are delicious), fresh cooked pasta and sauces, lasagna and homemade Sicilian subs. Prices range from \$2.25 to \$3.95. Tommasito's is open Monday-Friday, 7 a.m.-2:30 p.m.

Durango's features flame broiled burgers, fries and onion rings along with other hot sandwiches. Durango's also serves homemade soups and combo meals that include a sandwich, regular fries and a medium drink for under \$4. Durango's is open

7 a.m.-2:30 p.m., Monday-Friday.

Garden Greens is a salad bar including salad greens and toppings, pasta salads, fresh fruits and vegetables, along with Hellmann's regular and non-fat dressings. Prices range from \$1.50 for a salad bowl to \$3.25 for a large platter. Garden Greens is open

7 a.m.-2:30 p.m., Monday-Friday.

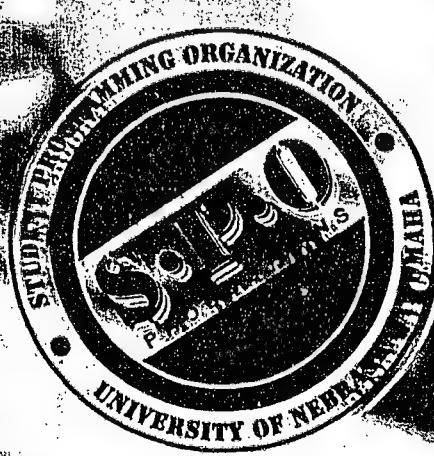
The American Grill and Sandwich Shop serves four kinds of All-American Philly sandwiches, chicken wing baskets, cheese frenches and cold sandwiches made with Healthy Choice deli meats. A little bonus: The Grill also serves hot breakfast combos, as well as a la carte items are available.

Prices range from \$.30 for a piece of toast to \$2.25 for a combo. The American Grill is open from 7 a.m.-2:30 p.m., Monday-Friday.

The Kiosk Cafe is the only eatery open past 2:30 p.m. It features continental breakfasts, bottled juices and waters, espresso, cappuccino, crispy bars, pretzels, cookies and TCBY frozen yogurt. A selection of sandwiches, soups and sweets are available into the evening. The Kiosk Cafe is open from 7 a.m.-7 p.m., Monday-Thursday, and 7 a.m.-2:30 p.m. Fridays.

Photo by Steve Houlihan

Full House of Entertainment



Festivals

Members will program for all campus activities in a festival atmosphere including picnics, Homecoming, Spring Fling, live entertainment and dances for the campus to enjoy all year.

Travel & Leisure

This committee really goes places! Throughout the year you will assist in planning trips for the winter and spring breaks. All your planning and hard work will pay off as students enjoy skiing down the slopes of Winter Park, Colorado. Other trips are also planned for attending sporting events and other regional programs.

Multicultural Events

This committee presents programs and events that will increase multicultural awareness on campus. As a member, you will assist in programming a variety of events that range from comedians to guest speakers and dramatic arts. The only limit placed on committee members is their imaginations (and the budget they have to work within.)

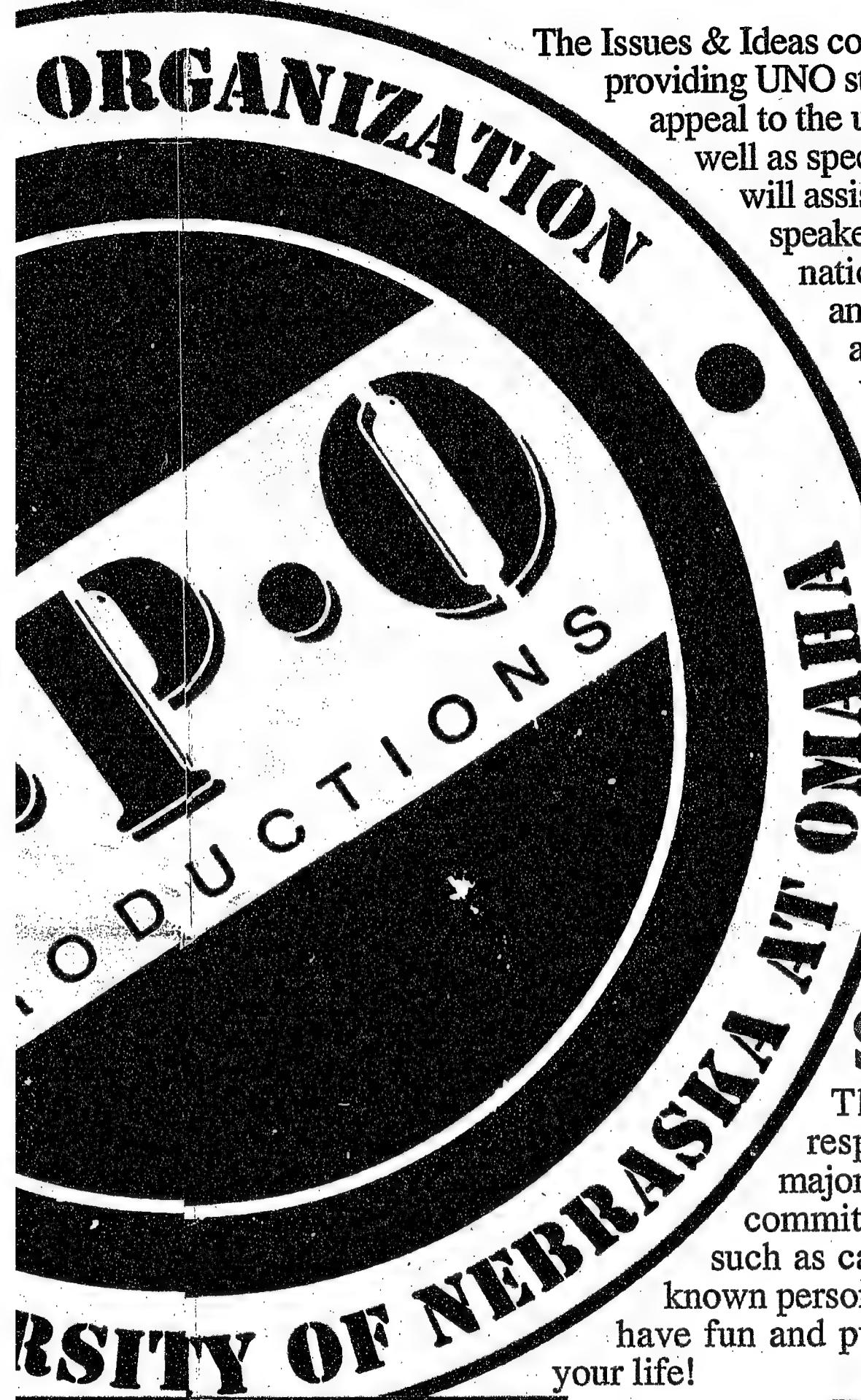
Comedy Shoppe

Committee members will have the opportunity to work with popular, and up-and-coming comedians. You will assist in booking shows and coordinating promotions to maximize awareness on campus for the event.



Melissa Buck, Latisha Davis, Sharif Liwari, Charles Cunningham, F. Kathy Denkler, Liz Higgins, Amy Guice, Koree Taylor, Jaymie S.





Sharif Liwari, Charles Cunningham, Frankie Coleman, Angela Riegel
is, Amy Guice, Koree Taylor, Jaymie Schmiedig, Leslie Monderine

Issues & Ideas

The Issues & Ideas committee is responsible for providing UNO students with speakers who appeal to the university community, as well as special interest groups. You will assist in programming guest speakers focusing on regional, national, and world issues, and the issues of the times: AIDS, alcohol abuse, women's issues and various other topics.



Katherine Denker

Rising Star

Members of this committee will help with putting on a variety of concerts from coffee house performers to local/circuit bands.



Elizabeth Higgins

Members will organize ticket sales, publicity and coordination of the event. You will work with local media agents and various recording artists to provide musical events for people of all ages and nationalities.

Special Events

This committee will be responsible for planning two major events. The intent of this committee is to schedule events such as carnivals and nationally-known personalities. Come ready to have fun and put someone famous in your life!



Frankie Coleman

Sharif Liwari

Performing Arts

This committee plans quality performances including jazz quartets, international dance companies, pianists, and choirs. Committee members work with agents and performers from all different backgrounds in fulfilling contractual agreements. You will be responsible for planning of publicity and promotion of all programmed events.



Angela Riegel

NO SIESTAS

SPO Fall Semester Events

Wed., Aug. 26, The Fishheads, 11:30 am Plaza
Thurs., Aug. 27, Clubs and Organizations Fair 11a.m., MBSC Plaza
Wed., Sept. 2, SPO Open House, 11 am SPO office, MBSC 1st Floor
Wed., Sept. 16, Mulberry Lane, 11:30 am Plaza
Thurs., Sept. 17, Bertrand Wang (Multicultural), 11:30 am, Nebraska Room
Wed., Sept. 23, Michael Dean Ester (Comedy), 12 noon, Nebraska Room
Tues., Sept. 29, Keith Eric and Waterhouse (Rising Star), 11:30 am, Plaza
Homecoming Week Oct. 5-10
Mon., Oct. 5, Craig Karges (Mentalist), 11:30 am, Ballroom
Tues., Oct. 6, Michael "Black Jack" Wilson (Comedy), 11:45 am, Nebraska Room
Clothesline Across Campus, 9 am- 4:00 pm, Pep Bowl
Wed., Oct. 7, Jim Wand (Hypnotist), 12 noon, Ballroom
Clothesline Across Campus, 9 am- 11:30 am, Pep Bowl
Thurs., Oct. 8, Purveyor of the Spooky Story, 12 noon, Fireplace Lounge
Hay Rack Ride, 7 - 11 pm, Vala's Pumpkin Patch
Fri., Oct. 9, Homecoming Dance, 9 pm - Midnight, Castle Barrett's
Organizational Pictures, 10:00a.m. - 1:00p.m. MBSC Fireplace Lounge
Banner Contest, 12:30p.m. MBSC Fireplace Lounge
Sat., Oct. 10, Tailgate Party and Parade, 11 am, Parking Garage
Homecoming Game vs. Augustana, 1 pm, Caniglia Field
Tues., Oct. 13, Herps Alive, 11:30 am, Plaza
Wed., Oct. 21, Luigi Waites, 11 am, Nebraska Room
Mon., Nov. 2, Billy Burr (Comedy), 12 noon, Nebraska Room
Wed., Nov. 11, Judy Richardson (Issues & Ideas), 11:30 am, Nebraska Room
Thurs., Nov. 12, Harlem Ambassadors (Special Events), 8 pm, Sapp Fieldhouse

All locations are in the Milo Bail Student Center unless noted. In the case of rain, most outside events will be held in the Nebraska Room.

**FALL
SEMESTER**



Feel Stressed? Take Another Look

by Colleen Sergeant
Features Editor

Parking lots are full, a major exam is in five minutes, didn't sleep last night. Welcome to college.

Perceiving this situation as extremely stressful means it will be.

"The demands placed on college students don't cause stress," said Denise Kreski, relaxation technique instructor at UNO. "Stress results from the person's interpretations of those demands."

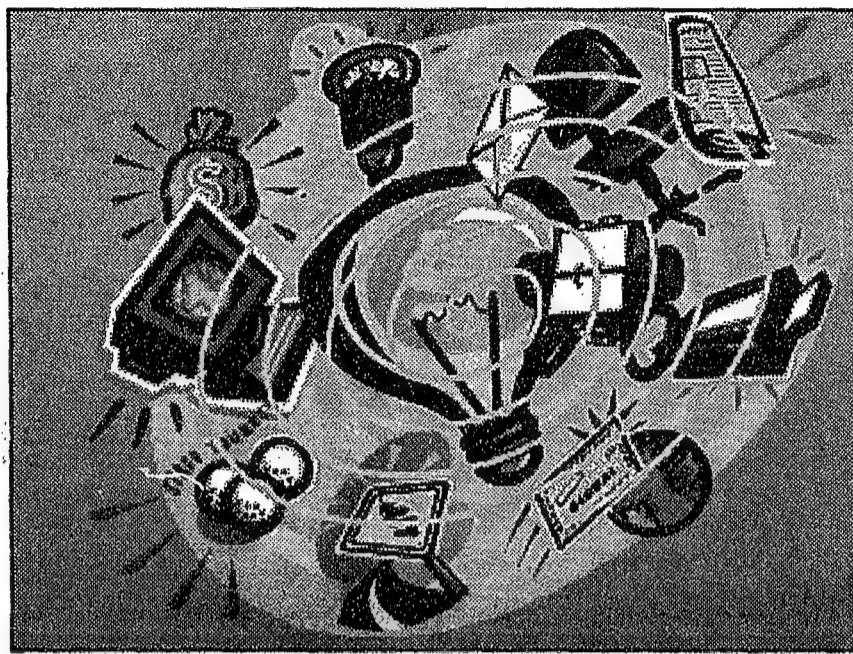
New college students may not buy it. Many are bombarded with new living arrangements, greater academic and financial pressure, career decisions, and an unfamiliar social scene, all at the same time. For non-traditional students, balancing new demands made on time and family can also be difficult.

As a result of these changes, around 80 percent of students will experience some degree of anxiety or turmoil when starting college, according to the book "Stress Management for Wellness."

"Those who handle stress poorly will have a hard time in college," Kreski said. A positive attitude and good coping skills really predicts how much a student will gain in college, she said.

After all who can concentrate with a racing heart, clenched muscles, and anxiety?

Some people thrive under stress, believing it makes them more productive. Although, continuous stress takes a toll on the body. In fact, the "Good Health Handbook" stated up to 75 percent of all physician visits are made by



people with stress-related complaints. Research has linked stress to hypertension, coronary heart disease, ulcers, migraine and tension headaches, allergies, asthma, rheumatoid arthritis and cancer.

Researchers in psychoneuroimmunology, a new scientific field that focuses on the chemical basis of the mind-body connection, has linked the social world to a decrease in the effectiveness of the immune system.

In a Princeton study, the levels of an infection-fighting antibody (S-IgA) were tested in college students five days before, on the day of and two weeks

after their final exams. As predicted, the S-IgA levels were lowest during the exam period, the most stressful time.

Another study from the "International Journal of Psychiatry in Medicine" found that college students who watched humorous videotapes had a strengthened immune response.

Students can avoid the ill effects of stress by altering their attitude, getting organized, managing time effectively, learning good coping techniques and adapting a healthy lifestyle.

Kreski said good nutritional habits, a regular exercise program and adequate sleep are essential to effectively

coping with stress. She also emphasized the importance of a social support system.

"Students should avoid negative coping mechanisms," Kreski said, referring to nicotine, caffeine, alcohol, and other abusive substances.

Take time to unwind. Do a relaxation activity (i.e. meditation, imagery, progressive muscle relaxation, or yoga) or just something you enjoy. Stress management and relaxation techniques are courses at UNO that teach these coping skills.

Don't forget to breathe. Lack of oxygen in the blood, caused by poor breathing habits, can actually trigger the stress response, according to "The Relaxation and Stress Reduction Workbook." Deep breathing is a fast, easy way to elicit the relaxation response in any situation. Here's how:

First close your eyes and focus on your breathing. Inhale slowly through your nose and exhale through your mouth letting the air out slowly through your lips. Rather than raising the shoulders when inhaling, expand the abdomen outward filling the lungs completely with oxygen. Hold it. Then release all the air and tension as you let your abdomen fall back into place.

With practice, breathing will become an effective technique to use before a test or speech.

Next time the parking lots are full first breathe, then ask yourself What is the worst possible thing that can happen? Will worrying help this matter any? Perception is the key.

1998
Fall
Leadership
Conference

Saturday,
September 19,
1998

"Take Me To Your
Leader"

Learn new skills and meet other student leaders!!



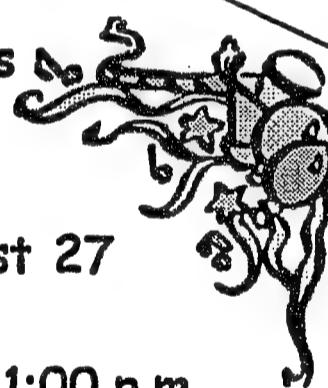
Clubs & Organizations
Fair

Thursday, August 27

11:00 a.m. - 1:00 p.m.

Student Center
Plaza

Come meet
organization
members and
learn about
UNO's
organizations!



Contact Student Organizations and Leadership Development at
554-2711 for more information.

S.O.L.D., a division of the Milo Bail Student Center

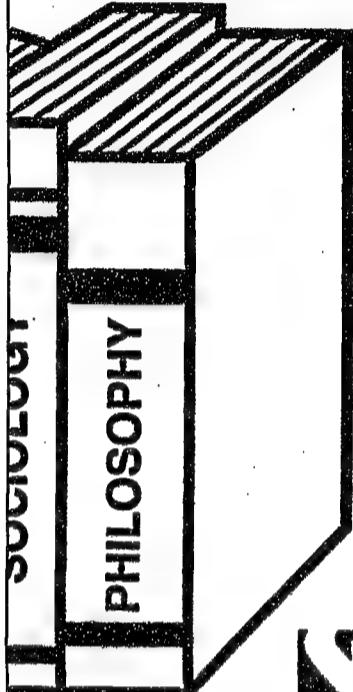
ABORTION CARE

Womens Services P.C.

- Abortion Services Provided During All Legal Stages
- Awake or Asleep
- Outpatient Care
- Caring Staff
- Saturday Appointments
- Full-Time OB/GYN Physicians
- Total OB/GYN Health Care

IN OMAHA • 554-0110 TOLL-FREE • 1-800-922-8331
201 S. 46th St., Omaha, NE 68132
<http://gynpages.com/omaha>

Our Philosophy is that there is
**NO
PHILOSOPHY...**



...or sociology, or psychology or linguistics or foreign language requirements. We'll teach and train you for a specific career. 4 years? I don't think so! Our career programs are completed in 12 to 18 months. Our placement department has a track record of success to help you land a job in your career choice. It's time to finish what you started. Go to a school that specializes in career training. Vatterott College. The finishing touch to career advancement.

PROGRAMS OFFERED

- Accounting/Delta
- Processing
- Computer Aided Drafting
- Computer Electronics
- Computer Programming
- Computer Office Assistant

Vatterott
COLLEGE
5318 S. 136th Street • Omaha, NE 68137
(402) 891-9411

American Heart Association
Fighting Heart Disease and Stroke

The Most
Important
Instrument in
the Treatment
of Stroke

Used CDs
LPs, & Tapes

Thousands to choose from, guaranteed & of Low Prices. Plus, the region's largest selection of New Indie Rock on CD, & Tape.

The
ANTIQUARIUM
1215 Harney St.
Old Market

UNOmaha
Student Health Services
your full-service clinic

Providing UNO students with on-campus, high quality, free*, medical and educational services

Doctors • Nurse Practitioners
Health Educators • On-Site Laboratory
Health Insurance Available
Appointments and Walk-Ins Welcome

Location:
1st floor of the Milo Bail Student Center

Phone Numbers:
Appointments & Info: 554-2374
Health Education Office 554-3171

Office Hours:
Fall & Spring Semesters:
Mon-Fri 8AM-5PM
Summer Sessions:
Mon-Fri 7:30AM-4:30PM

*small fee for some lab services

alcohol isn't the
enemy,
your decision-
making is!

You kNow, there is a
CHOICE
UNOmaha office of alcohol and drug education

New Exercise Guidelines: No Time is No Excuse

by Colleen Sergeant
Medical Writer

Exercise helps people to live long and prosperous lives, said Nicholas Stergiou, exercise science professor at UNO.

Why then are only 22 percent of Americans, according to the *Mayo Clinic Health Letter*, active enough to get their recommended dose of exercise? Time, time and time. There just isn't enough of it, according to many UNO students. However, there are many ways that college students can incorporate physical activity into their daily routines.

In the past, exercise guidelines emphasized vigorous physical activity, but more recent guidelines simply emphasize activity, not intensity. The Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine came out with the new recommendation of 30 minutes of moderate-intensity activity every day.

"That has been totally misinterpreted," Stergiou said. "Just because the surgeon general said 30 minutes of activity people think that that is all they have to do." He said these guidelines are trying to get inactive people moving.

Such recommendations have arisen from a greater understanding of how the body responds to physical activity, according to the CDC. The positive effects exercise has on the musculoskeletal, cardiovascular, respiratory, and endocrine systems correspond with many health benefits, including a reduced risk of early death, coronary heart disease, hypertension, colon cancer, and diabetes.

Attention has been drawn recently to findings from three studies showing that cardiorespiratory fitness gains are similar when physical activity occurs in

several short sessions throughout the day. With proper planning, getting your daily dose of exercise may be easier than you thought.

Rather than avoiding the hike across campus, purposely schedule classes far apart. Stergiou prefers to omit the stress of calculating his daily regime to an exact science. But counting calories, minutes and miles is a good way for some people to chart their progress.

According to calculations made by Deloma Cammarata in Facilities Management, the stretch from Durham Science Center to Arts and Sciences is .36 miles. Walking briskly, I completed the hike in approximately five minutes. A 150-pound person could burn off about 30 calories in this time, according to a Mayo Clinic estimate, but of course, these figures vary from person to person.

In the mood for a real scenic adventure? Take a study break and go for a walk or jog around UNO's parameters. In 1.6 miles, one can enjoy the beauty of campus while getting rid of about 150 calories.

Park on the opposite side of campus or better yet, said Stergiou, "park at Aksarben and walk."

Take the stairs whenever possible. Venture to the farthest restroom in the building.

"Do everything that you can to expend calories," said Stergiou, "even around the house like washing dishes, gardening and walking the dog."

Boredom is the number one reason that people drop out of exercise programs. "Fight boredom by doing something you love," Stergiou said. "Whether it's swimming, dancing, or golfing, people should do something they enjoy." Students can get involved in intramural sports at UNO or take advantage of classes offered at Health, Physical, Education and Recreation.

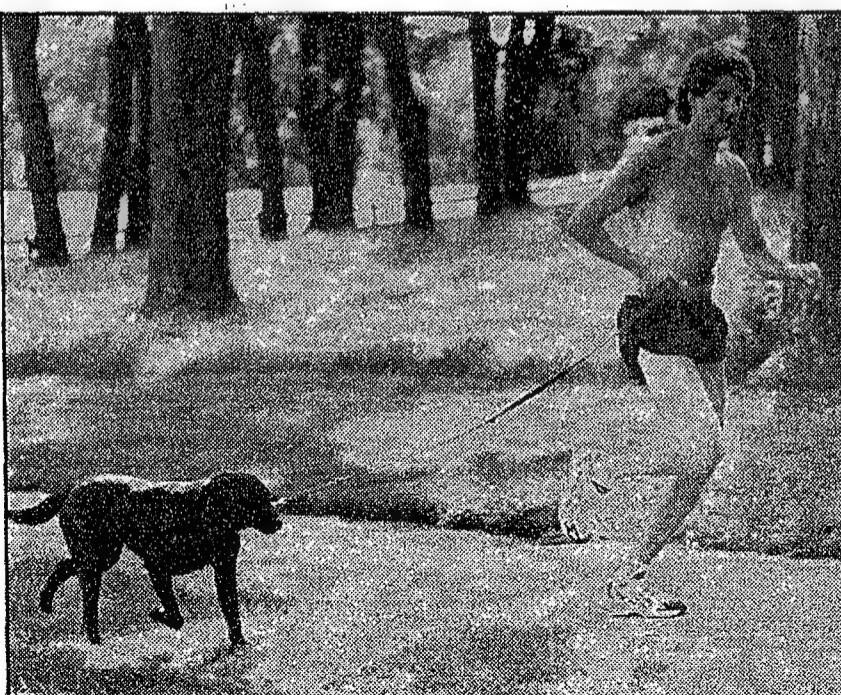


Photo by Chris Machian

Greg Keith and his dog Taz take a run through Elmwood Park. Experts say taking part in fun activities helps maintain a positive attitude towards exercise. Activities such as running or walking the dog or gardening can help keep you in shape.

Omaha's Coffee Houses Offer Variety of Study and Social Life Alternatives

by Curtis M. Meyer
Staff Writer

There are two things I like at three o'clock in the afternoon. The Jerry Springer Show and a large cup of coffee with cream. Now, I may have bad taste in television, but I can tell you where to get a great cup of joe. For those of you who aren't old enough to drink, or for those of you who choose not to, I may also be able to suggest a few places to hang out during late hours on the weekend.

First off, if you need a quick buzz while you're here on campus the Kiosk Cafe upstairs in the Milo Bail Student Center has a decent cup of coffee. They can also set you up with a latte, mocha or espresso.

For those of you who need a change of scenery, however, there are a few places not too far away. Just over in the beautiful Dundee area you'll find Karma Joe's, a small storefront at 50th and Underwood. Also in Dundee, at the corner of 49th and Dodge Streets, is Mojo's Coffee Joint. Mojo's has a friendly, "living room" feel and a unique glass front with a never-boring view of traffic on Dodge. Ten blocks east on Leavenworth is Espresso Mary's. All three places are just a short drive and give you a place to relax away from the stress of the classroom.

I may have bad taste in television, but I can tell you where to get a great cup of joe.

Downtown Omaha has a plethora of coffee joints to choose from. On historic southern 13th Street Maggie's Pourhouse takes residence in the Prague Hotel. They have a "hyper" hour from on weekdays from 3 to 7 p.m. for those of us who like to speed up instead of wind down after the workday. Near the Orpheum Theater is Stage Right Coffee and Tea. They're open late and every third Tuesday of each month they hold poetry readings from 8 to 10 p.m.

Down in the fastastic Old Market area you'll find 13th Street Coffee Company and Delice European Bakery and Coffee Bar right across the street from each other on (of course) 13th Street. You'll also find MJ Java at 13th and Farnam.

One of the more interesting places to get a cup of coffee is Shock underneath the building at 1212 Howard. While at Shock you can shop for retro clothing, interesting furniture and artwork. Another interesting place, and probably the roomiest, is Downtown Grounds. They've recently overhauled the place gone to a non-smoking atmosphere.

Coffee, if you don't already know, can get the creative juices flowing and there are times when we can use all the help we can get. If you're the type that needs a pick-me-up in the afternoon remember that Omaha has no shortage of places to go.

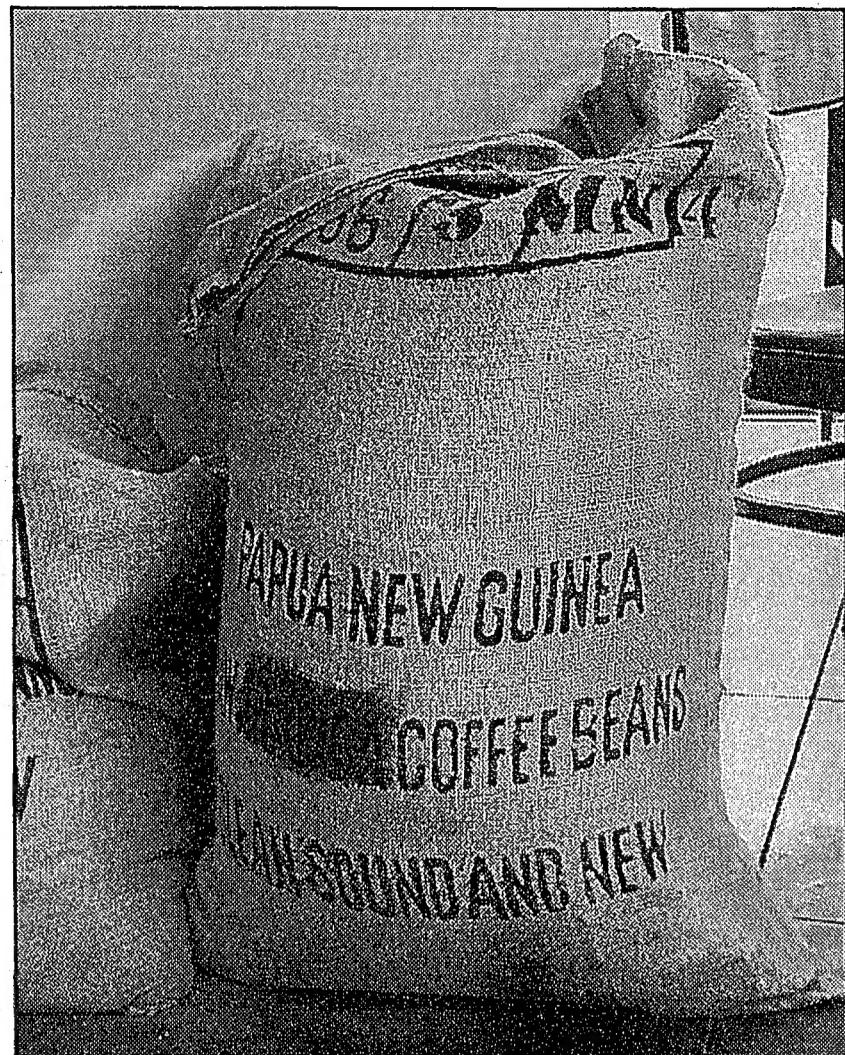
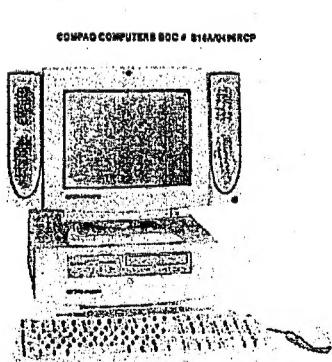
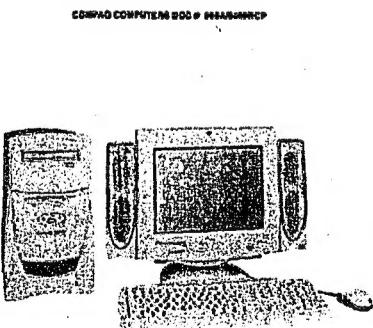


photo by Steve Houlton

COMPAQ

Now Being Offered Through The
UNO Bookstore

At Special Educational Prices
With Special Software For Students & Teachers



Visit with representatives on Aug. 24th & 25th
from 10a.m. - 6p.m. each day
www.compaq.com
1-800-88-TEACH

For Those About to Rock, We'll Help

by Ana Merizalde
Staff Writer

After a hard week of studying, trying to find a place to park and standing in long lines just to buy books, you get a moment to breathe and you don't know what to do with yourself. Sound familiar?

After a stressful week, the first thing one needs to do is have some fun and relax, without the added stress of putting a dent in your financial situation.

If you're looking to try something new, whatever your pleasure, the *Gateway* is here to help. We have gone to the trouble of picking out some cool places to go for students of all ages.

The Cog Factory, at 22nd and Leavenworth Streets, showcases local and national acts, primarily independent label bands. From tractor punk locals like Frontier Trust, (may they rest in peace), to national, hardcore acts like the Lunachicks and D.R.I., the Cog has something for everyone who loves loud music. Wearing ear plugs is advised. Alcohol is not allowed on the premises. Schedules for shows can be picked up at Antiquarium or Drastic Plastic.

The Ranch Bowl at 1600 S 72 St. is what I like to describe as being closer to strangers than you could ever want to be. Leave your jackets and purses in the car. The Ranch Bowl brings in the

smaller, although popular acts. Many bands have played the Ranch Bowl before going big time. Remember Pearl Jam and Smashing Pumpkins? The Ranch Bowl also brings in underground favorites like The Cramps and The Jesus Lizard as well as local acts. Cover is usually \$15 or under. Shows are mostly all ages and alcoholic beverages are served.

The Cog Factory and the Ranch Bowl aren't the

local and national folk artists like Simon Joyner or Bill Hoover and the Dark Townhouse Band. Shows are usually on Friday nights.

Around the corner from Shock is vegetarian restaurant Dazy Maze, at

doors. Cover runs three to five dollars.

Bands who are too big to play any of the aforementioned places go to Sokol Hall on 13th and Martha. Acts from funk punks Primus to the Dixieland sounds of Squirrel Nut Zippers have stopped at the Sokol. Alcoholic beverages are served. Shows are for all ages and are \$15 to \$20.

If you're looking for something entirely different and you're willing to spend a little money, grab your dancing shoes and head to the Stork Club. Named after the 1930's club in Harlem, New York, the Stork Club features dinner, dancing and swing music like Indigo Swing and Omaha Big Band.

Known as the mecca of entertainment in the 1930's and 40's, The Stork Club may look like the new place to be. It's only been open a few weeks and the weekend turnouts are impressive.

"People can look forward to good food, good booze and good music," said co-owner Terry Campbell. "People having a good time is what I'm after."

Check out the menu. They have everything from filet mignon to roast duck, exotic drinks and variations of the margarita.

The dress code is upscale, but jeans are acceptable. It's wise to make reservations on the weekends.

After a stressful week, the first thing one needs to do is have some fun and relax, without the added stress of putting a dent in your financial situation.

S 13th and Jackson. Dazy Maze offers good eats and drinks alongside good music.

"We let anyone play here, any bands, any age group," says Dazy Maze owner, Angel Holland. "We don't try to be any one kind of place."

While munching out on a tempeh reuben or sipping on a Corona, one can enjoy music from the porch jam sounds of the Dark Townhouse Band to the Dick Dale sounds of Full Blown. The all-age shows can be indoors or out-

only places in town to go. If your music tastes lean more towards Bob Dylan or the Dark Townhouse Band, I recommend checking out the 70's style clothing store, Shock, at 1212 Howard St.

Besides being a store, Shock also has a juice and coffee bar that brings in

DO YOU WANT TO

Be Awed & Respected By Your Peers?

Make A Difference On Campus?

THEN Get Involved NOW!

UNO Student Government offers

- Get involved on campus
- Gain leadership experience
- Set policies

Call 554-2620 for information about openings

- Make decisions
- Represent the students
- Enhance YOUR college experience!

Other services available: Typing Center and Legal Services

Student Government offices are located on the First Floor of the Milo Bail Student Center





LIBERTY MEADOWS
By Frank Cho



If this is the only pressure you check, your tires may outlast you.

Checking your tire pressure is a good idea. Checking your blood pressure is an even better one. High blood pressure greatly increases your risk of stroke and heart attack. And those are harder to deal with than a flat tire. To learn more, contact your nearest American Heart Association at 1-800-AHA-USA1 or online at <http://www.ahajr.org>

This space provided as a public service. © 1992, 1996 American Heart Association

SPEED BUMP



Dave Coverly



Bla, Bla, Bla...
Got something better to say? Become a Gateway writer. Apply in MBSC 115.

ABORTION MALPRACTICE HOTLINE

Abortion is NOT safe

If you have been injured either physically or mentally by an abortion, we have legal and medical help for you.

Call 399-5393 --24 hours a day

A SERVICE OF METRO RIGHT TO LIFE

9001 Arbor Bldg. Suite 104 399-0299
Library, Brochures, Speakers, Videos



Did You Know That International Student Services...

...helps students adjust to American culture?

...helps to alleviate the feeling of homesickness for international students?

...works with students from over 60 countries around the globe?

...plans events such as the International Student Banquet?

Want to know more? Call ISS at 554-2937 or come to the ISS office located in the Milo Bail Student Center on the first floor.

GET INVOLVED WITH ISS!!

<http://www.unomaha.edu/~world/iss/iss.html>



CLASSIFIED ADS

NOTICES

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

LOST & FOUND

FOR ITEMS LOST AT UNO, Contact Campus Security, EAB 100, 554-2648. Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Office located in Milo Bail 1st Floor.

A Gateway employee may have lost a personal item late Thursday night or early Friday morning. If found please return to the Gateway office ASAP MBSC #115.

HELP WANTED

CLERICAL WORK WEST OMAHA

Person will conduct a variety of secretarial duties including, but not limited to: answering the switchboard, correspondence, data entry, filing, transcription, and spreadsheets. Good grammar and spelling skills are important. Full time or part time positions available. Contact Alice at 333-3009 ext. 107 for more information.

TELEPHONE WORK/EXECUTIVE RECRUITING

Person will conduct a variety of national executive recruiting projects in human resources within the banking, credit card, and information technology industries. Ideal candidate will possess excellent communication/sales skills. Great long term training program offered for any experience level. Contact Alice 333-3009 ext. 107 or 0 for an application. Competitive salary plus bonus.

News Monitor Needed

Safe downtown office needs a reliable person to review and summarize local news broadcasts. Requires typing and basic computer knowledge. A strong vocabulary, memory, and interest in current events is necessary. Morning, daytime, and evening shifts available. P-T, 20-25 hours per week, M-F. Will Train. Reply to 1625 Farnam St., #550 or fax 342-3927, e-mail news@universal-info.com

Mother's Helper

2 boys 10-12 years. Some driving, light cooking and housework. UNO area. Afternoons and Sat. \$7/hr. Send resume to: Child care, 7914 W. Dodge Rd., #417, Omaha, NE 68114.

Gateway Production Editor WANTED
PageMaker experience is required. If interested call Carol at 554-2470.

Web Developer/SQL programmer

Small consulting firm searching for a web developer familiar with web site design using Microsoft products, Java, activeX etc. SQL programming experience a plus. Part time or full time, will work around school schedule. Email resume to HCl@Tcon1.com or call 978-7692.

Temporary Loaned Executives United Way of the Midlands is looking for individuals to work on our annual fund raising campaign. Excellent training opportunity and chance to network for future employment. Will be assigned accounts to contact for planning, organizing and implementing internal employee campaigns.

Prior management experience preferred and good communication and public speaking skills a must. Training provided. Begin August 17 through November 6. Parking is provided. Salary is \$375 per week. Contact Donna Garst at 622-7903 or Sandy Leed at 622-7914 or fax your resume to 622-7908.

Teacher assistants needed for ExtendCare, Before & afterschool daycare, grades 1-8. M-F 6:30 - 8:30am and/or 2:45-6pm. \$6.50/hr.

For more information call 551-6667, Stephane Vestand leave a message.

FOR SALE

SEIZED CARS from \$175. Porsches, Cadillacs, Chevys, BMW's, Corvettes. Also Jeeps, 4WD's. Your area. Toll free 1-800-218-9000 ext. A-3832 for current listings.

HOUSING

Female Roommate Wanted to share a house \$350 includes utilities. Call Gina at 653-5256 evenings or 552-3467 days.

Two weeks left of freedom. Two weeks left of summer. Two weeks left of fun.

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO Housing Referral Service

554-2393 or stop in the Admin. Office, Milo Bail Student Center.

John H. Taulborg Apartments

Near Creighton, Mutual & UNO 1 bedroom from \$315 deposit \$200 2 bedroom from \$425 deposit \$250. Newer Updates, All utilities paid except lights. No Section 8 - EHO "We Are The Best" Call now 498-0800

SERVICES

Steel Buildings
Factory Cancellations.
30'X40'40'X50'50'X60'60'X100'
80'X200' Brand new never erected
will sacrifice for immediate delivery!! Call 1-800-394-7734

If you would like to be a photographer for the Gateway Newspaper then contact Steve at 554-2470.

ACADEMIC EXPRESSIONS

Resumes, term papers, theses, dissertations, rewriting & editing services.

Work done in your home or at my office.

33 yrs. experience.

Call (402) 628-2221

TYING SERVICES

Professional & accurate typing with experience.
For quality papers call Krista at 637-0742

Do you need something or do you need to get rid of something? If you would like to place a classified ad in the Gateway student newspaper then call Kathy or Carol at 554-2470 or fax us at 554-2735.

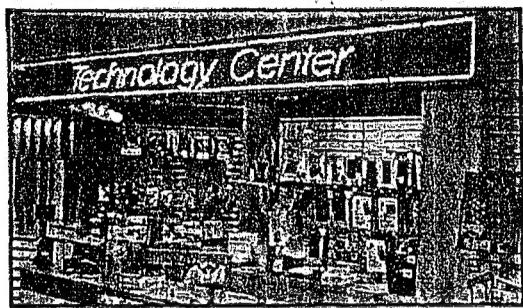
If you would like to be a writer for the new fall semester at the Gateway Newspaper then contact Wendy at 554-2470.

UNO Bookstore

Back to school

TEXTBOOKS →

Most textbooks will be
available for fall semester
August 17, 1998

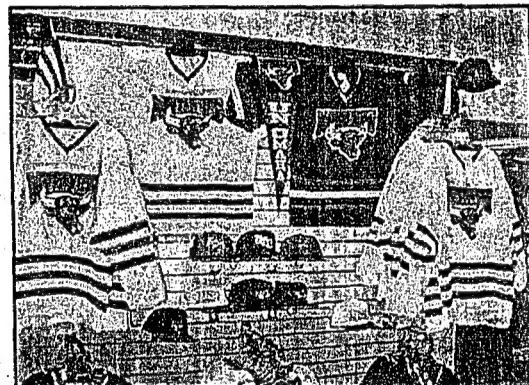


Technology Center

The bookstore sells academic priced software, hardware and even how to books for all your computer needs.

Sportswear

New maverick sportswear arriving weekly. Show your school spirit in UNO gear.



Back to School Special

All backpacks and book bags 20% off (at register)
Includes Brand Names with Lifetime guarantees

Shop early for best selection

Sale ends August 28, 1998

TRAGER

JANSPORT

EASTPAK
MADE IN U.S.A.

Don't Forget Your...

- Pens
- Paper
- Class Assignment Books
- Dictionaries
- Reference Books
- Folders